

Good Food

Chill out...

MIDDLE EAST

With summery salads, cooling drinks and iced desserts

Celebrate Eid!

A memorable meal to share

Mini-breaks on the menu

Luxe gourmet getaways at your doorstep

Watermelon, prawn & avocado salad page 28 ►

INSIDE

- * Solo cooking made easy
- * Brazilian food – the new black?
- * Meet UK celeb chef Andrew Nutter



NOMINATED
Best Latin American Restaurant
Best European Restaurant

3
YEARS
IN A ROW.



Welcome to the acclaimed and award-winning restaurants at Jumeirah Beach Hotel. From the romantic beachside setting of Villa Beach to the stunning views of authentic Latin American cuisine at La Parrilla, there is surely something for every mood.

❖ Experience the passion and flair of Argentina at La Parrilla, awarded as the "Best Latin American Restaurant 2011" by BBC Good Food. Indulge in an unforgettable dinner and brunch experience with live tango dancers, Latin American music and stunning views from the 25th floor.

❖ Enjoy a perfect setting for lunch and dinner at Villa Beach offering you contemporary Mediterranean menu full of colour and flavor.

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or visit jumeirah.com/jumeirahbeachhotel



Welcome!



It's true, August in the desert can bring out the whinger in all of us, but always a firm believer in silver linings, I also enjoy certain things that are unique to spending a summer here. And I'm sure I'm not the only one.

Assistant editor Nicola, for example, loves weekend pool parties and movie nights at friends' houses, while designer Odilaine enjoys the amazing discounts we

get to enjoy at top hotels and resorts around the country, during the summer. I personally appreciate the slight slowing of pace that summer brings (although it doesn't seem to have happened yet this year!) which gives me the chance to catch up on the things languishing at the bottom of my to-do list, and simply to recalibrate a bit.

But, a little help is never amiss when it comes to surviving August, and we've got just that in this issue. From cooling drinks and simple canapés to serve at your own movie marathons at home, in *Drinks and nibbles*, p42 (also check out our newly introduced *Menu planner* on p10 which collates recipes from across the issue, for a night in with friends this month), to light, refreshing salads (*Summer salads*, p28) and expert advice on staying hydrated (*10 ways to stay hydrated*, p62), it's all here.

And the most glittering silver lining on the August cloud is of course, the upcoming Eid holidays. You can have a stylish staycation in the most luxurious hotel of your own city, or one a short flight away, with the special deals on offer at the moment. We've hand-picked them for you in *Bite-sized breaks* on p74.

Whether you're planning a getaway, or are on your way back from one, do drop me a line on feedback@bbcgoodfoodme.com to tell me your favourite part of summer in the desert – I'd love to hear from you.

In the meantime, stay cool!

Sudeshna

CHECK OUT OUR NEW FOOD CLUB PREMIUM MEMBERSHIP OFFERINGS, EXCLUSIVELY FOR SUBSCRIBERS. DETAILS ON P81

GoodFood
Food Club

GoodFood
MIDDLE EAST

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Editor's picks



◆ I love Moroccan tea, and it's as much for the flavour as it is for the beautiful way it is served, p16



◆ I'm going to make use of my summer down-time to give making this yummy iced trifle a go, p53



◆ I ticked off a stay at Burj al Arab from my bucket list, and you should too! P74

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Our recipe descriptions

- V** Suitable for vegetarians
- ❄** You can freeze it
- ❄** Not suitable for freezing
- Easy** Simple recipes even beginners can make
- A little effort** These require a bit more skill and confidence – such as making pastry
- More of a challenge** Recipes aimed at experienced cooks
- Low fat** 12g or less per portion
- Low cal** 500 calories or less per main.
- Superhealthy** Low in saturated fat, 5g or less per portion; low in salt, 1.5g or less; and at least one of the following: provides one-third or more of your daily requirement of fibre, iron, calcium, folic acid and/or vitamin C, or counts at least one portion of your recommended 5-a-day fruit and veg.
- Good for you** Low in saturated fat, low in salt.
- Heart healthy** Low in saturated fat, with 5g or less, and low in salt, with 1.5g or less, and high in omega-3 fatty acids
- 1 of 5-a-day** The number of portions of fruit and/or veg contained in a serving
- Vit C** **Iron** **Omega-3** **Calcium** **Folate** **Fibre**

Indicating recipes that are good sources of useful nutrients

Some recipes contain pork & alcohol. These are clearly marked and are for non-Muslims only. Look for these symbols:

- P** Contains pork
- 🍷** Contains alcohol



Store Directory

Contact numbers for outlets featured in this issue

- @Home:** 04-4340877
- 2XL Furniture:** 04-2888071
- Bloomingdale's Home:** 04-3505333
- Crate and Barrel:** 04-3990125
- Forrey and Galland:** 04-3398850
- Harvey Nichols:** 04-4098888
- Home Centre:** 04-3414441
- Homes R Us:** 04-4469820
- Indigo Living:** 04-3466934
- Ines Patisserie:** 04-3883486
- Jashanmal stores:** 04-3253808
- Lakeland:** 04-3236081
- Marina Home Interiors:** 04-3882012
- Sauce Gifts:** 04-3463393
- The One:** 04-3456687
- Emporio Armani café:** 04-3410591
- Lafayette Gourmet:** 04-3399933
- O de Rose:** 04-3487990

Note: Prices in Qatari Riyals are usually the same as UAE Dirhams.

Your say

We love to hear from you!

RAMADAN COOKING

My husband and I have always been fond of Arabic lentil soup. When I saw the mild lentil soup, Shorbat Addas recipe (*An Emirati Ramadan*, July 2013) it inspired me to give it a go and surprise my husband on the first day of Ramadan. I also tried the lugaimat, which he absolutely loved. I guess my next surprise will be a three-course Emirati meal!

Resla Fathima



SEAFOOD LOVER

A few weeks ago, I hosted a fish-themed brunch one at my place and decided to try all the recipes from *Ocean's four* (July 2013). My guests were impressed with the Smoked haddock omelette and I served the ceviche as an appetiser – I made it when they arrived, as it was super quick and didn't need any cooking at all. Thank you!

Alister Fonseca



TRYING NEW THINGS

I love salads! I usually make a Greek or chicken Caesar salad, but after reading the recipes in *Satisfying Salads* in the July issue, I decided to try

something new. I must say I'm happy I've come out of my comfort zone, and really do enjoy these delicious salads that I can now create in minutes.

Lucas Wilson

TALK TO US!

Email us on feedback@bbcgoodfoodme.com with your thoughts, views and comments.

You can also connect with us on social media! Find us on:



@bbcgoodfoodme

Or, you could write to us at:

The Editor
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PO Box 13700, Dubai, UAE.



The writer of the Star Letter wins a **Dhs1,000 voucher from @home**, South Africa's leading homeware store.

@home offers a glamorous and fashionable range of products for the entire home, including the bedroom, bathroom, kitchen, dining, and living room, as well as general home décor items, appliances and office accessories. Their contemporary, fresh, and innovative products are both practical and aesthetically designed. @home stores are located in Dubai at Mercato Mall, Ibn Battuta Mall, Dubai Marina Mall, The Dubai Mall and Mall of the Emirates; in Abu Dhabi at Al Wahda mall; and at Al Hamra Mall in Ras Al Khaimah.



@home
THE HOMEWARE STORES

Star Letter

DON'T WANT TO MISS A THING!

You guys are doing a fantastic job. The July issue truly celebrated the essence of Ramadan, with wonderful recipes and my favourite dish Machboos simmach (*An Emirati Ramadan*) and the Ramadan deals in town (*Flavours of the month*). I loved how the issue included modern and traditional recipes, all in one issue – a keeper for those who love Arabic cuisine! I also enjoyed the June issue, especially the Bobby Chinn interview (*Chinn up!* June 2013) and the summer drinks feature (*Liquid diet*, June 2013). I tried the Cold ginger and the Saffron drink which turned out great! I recently became a *BBC Good Food ME* club

member and thoroughly enjoyed the Samsung masterclass. The Fasolakia, which the chef made, was incredible, as the crispy tender green beans with the dressing and salty cheese were well balanced in flavours. I haven't subscribed to the magazine yet, but will do so this month, as I don't want to miss any master classes or events in future!

Sreekutty Rupesh



EDITOR'S NOTE:

You should definitely subscribe to the magazine, Sreekutty, and there's no better time to do it than now, as we have just introduced a new Premium membership scheme to our popular *BBC Good Food ME Food Club* – exclusive to subscribers. What this means is, as a subscriber, you can now get loads of additional benefits and privileges for free, turn to p81 to find out more. Thanks for your readership!

We asked you...

Facebook poll

What's your favourite vegetable to juice or add to a smoothie?

58% Carrot

32% Cucumber

10% Celery



2013
SUMMER-FALL
COLLECTION
NOW IN STORES



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MARINA
H O M E

U R B A N • E X O T I C

Foodie file

What's hot and happening in the culinary world, here and around the globe.



Fournil de Pierre

DINE IN THE CITY



✳ Gourmet sushi seems to be a burgeoning trend in Dubai, with SushiArt, the latest fine dining eatery in DIFC,

jumping on the bandwagon to offer Japanese sushi with French influences. Expect sushi filled with foie gras, tuna tartare with caviar, wagyu beef with truffle oil, and Arabic inspired maki filled with tabbouleh. Call 800-200.

✳ Authentic Mexican food in a high-end yet contemporary, casual setting isn't easy to come by, which is why, we'll be hotfooting to newly opened Fuego – which translates to 'fire' in Spanish – in Souq al Bahar, to try traditional Mexican dishes such as slow-cooked lamb shank barbacoa and tres leches, a cake soaked with three stages of milk. Call 04-4490977.

✳ Fournil de Pierre, a charming French bakery and pastry café franchise has opened its first outlet outside France, in Downtown Dubai. On the menu are a selection of classics including Le Croque Monsieur, chicken casserole, and delectable cakes and pastries. Call 04-4203070.

✳ Check out the all-new 77 Veggie boutique in Tiffany Tower, Jumeirah Lakes Towers, which uses 77 different types of vegetables in a selection of dishes including pizzas, spinach stuffed tortillas, pasta, and rice noodles in veggie chilli sauce. Call 055-7178866.



This just in:

The new Braun Multiquick 7 hand blender, an all-in-one kitchen gadget which includes attachments to grate, chop, blend, slice and whisk, features the innovative smart speed technology – in which the motor power adjusts itself according to the pressure applied. Dhs500, at all leading stores.



Green and icy!

You've heard about yoghurt and fruit ice pops, but what about kale pops? The Green Wave kalelicious smoothie pop, made from the nutritious, dark green vegetable, is the latest food trend to hit the US, and was on one of the top food trends at this year's 59th Summer Fancy Food Show held in New York. What better way for kids to try this otherwise bitter vegetable? Now, we wait for it to be on shelves in the UAE!

Couture offerings

We've just heard that Condé Nast International Restaurants will be opening a new GQ Bar at JW Marriott Marquis Dubai in October. Watch this space for more!

What's trending

#Ramadan is all about sharing food and embracing the Holy month with family and friends. We loved the posts from blogger @DimaSharif, who asked people to avoid food wastage and donate leftovers from Iftar by contacting 8005011, to give to the needy, and @Oushe, a bakery, for their pictures of the pistachio and lime cake, a new Ramadan treat. Most people took to twitter to post pictures of what they were eating – or wanting to eat – at Iftar, through the month as well.

Home



Sustainability spreads its wings

Mövenpick Hotels and Resorts in the Middle East are ready to 'Go Healthy' with their new campaign which offers diners a range of meals created from fresh produce and seasonal ingredients sourced from local suppliers, as well as the use of sustainable seafood in all their restaurants. We applaud the elimination of non-sustainable king fish and hammour from their menus in Dubai hotels!

UAE'S FAVOURITES

Is steak your all-time favourite dish? You're not the only one! According to an online survey recently conducted by Jumeirah Group, beef steak was voted the most popular dish in the UAE, with grilled lobster and Japanese specialty sushi coming in at second and third place. And what's UAE's favourite cuisine? It's none other than Italian, which received 16 per cent of the votes, follow by seafood at 14 per cent and Thai at 11 per cent.

Great cooking is about being inspired by the simple things around you – fresh markets, various spices. It doesn't necessarily have to look fancy.

– Gerry Garvin, American chef, cookbook author and TV show host



A second chance

American celebrity chef and TV star host Paula Deen has been under fire of late for her racial remarks, but luckily for her, some people believe in new beginnings! While most of Paula's corporate connections seem to be distancing themselves, she has recently been offered a multi-dimensional deal by Jimmyland Corporation, which involves a new cooking show, recording contract and book. We look forward to her comeback!

COFFEE ON THE GO!

We all know how important a good cup of coffee is, when at the airport for an early morning flight or stopover. And it appears, Costa knows too! The coffee shop chain has recently launched the Marlow 200, a self-service machine at Terminal 3, Concourse A, Dubai International Airport, designed to give guests the complete Costa Express experience, including the fragrance of freshly brewed coffee. The innovative machine, created by leading Italian design house Pininfarina (designers of Ferrari and Alfa Romeo), appeals to all five senses, and can serve 250 espresso drinks made from Costa's Mocha Italia blended coffee beans and fresh milk.



Over 8,000 recipes to choose from...

The all-new bbcgoodfoodme.com website – coming soon!



LAUNCHES NEW MENU

Be transported to Italy with your every bite as Italian Chef Fabio Genghini and his new menu take centerstage in one of Dubai's finest Italian restaurants, PAX.

PAX Italian Restaurant's new menu commences on the 11 August, 2013

Diverse, delectable,
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Dusit Thani
DUBAI

Aisle file

Gorgeous gourmet buys, kitchen gear, home décor and more.



Don this cute, retro pinafore-style apron from the Lief! Colorful Tableware and Kitchen items collection, before you set foot into the kitchen. Dhs147 at **DESADO.COM**.



Pretty enough to simply keep on display, this Porcelain dish in turquoise blue with gold embellishments will also make a great dinner table centrepiece. Dhs1,233 at **2XL FURNITURE**.



Forget traditional vases, this funky ceramic Áááh vase will not only be the perfect home for your peonies and roses, but will also get people talking! Dhs745 at **SAUCE GIFTS**.



Serve olives in style in this Bamboo 12 pc olive set, with olive shaped toothpicks, at your next cocktail party. Dhs119 at **INDIGO LIVING**.



Serve a selection of cheese on these Camembert Fabriqueen Normandie set of six cheese plates, which have colourful poster-style fromage designs on them, and ooze French flair. Dhs243 at **GENEVIEVE LETHU**.



Brew the perfect cup of coffee every morning, using this sleek and elegant Bodum 'Chambord' French press coffee maker. Dhs520 at **BLOOMINGDALE'S HOME**.

A red velvet cake will look gorgeous on this Black Orchid Cake stand. Domestic goddess alert! Dhs1,000 at **HARVEY NICHOLS**.



These classic glass decanters in gemstone colours are great alternatives to conventional water bottles, and will also look gorgeous on a drinks trolley or at the bar. Dhs7 each, at **HOME CENTRE**.





Here to help

Our expert chef Andy Campbell offers practical advice to tackle all your cooking dilemmas.



Q Whenever I bake a cake, the top crust always rips apart and I can never add frosting because it seeps into the cracks. Please tell me what I'm doing wrong?

A. Before you bake, check the temperature of the oven with a thermometer – you don't want the oven to be too hot. Also, don't open the oven door while baking. Before pouring in the batter, brush the tin lightly with butter or cooking spray, then dust with flour or cocoa powder. Tap the inverted tin to remove excess. Always use two hands when handling the cake, oven gloves are good for this. Cover the cake with a tea towel for at least five minutes before removing from the tin, this will create steam and help an easy release from the tin. Allow the cake to completely cool on a wire rack before cutting off the dome to add the icing.

Q My pancake batter is never the right consistency and because of that, they end up becoming lopsided. Can you please provide me the right batter consistency?

A. Try equal quantities of milk, eggs and flour measured by volume, add a tablespoon of melted and cooled butter, and a tablespoon of vegetable oil. Mix well, and allow to stand for an hour. You should have a consistency of single cream, and it should easily run off the back of a ladle. If it is too thick add a little more milk.

Q When my wife makes calamari rings at home, they are always rubbery. I've told her they aren't as good as where we eat out. Are there any tips to making crispy calamari rings?

A. First and foremost, you're braver than me in criticising your wife's cooking! Sometimes the simplest methods are the best. Start by cutting the squid into 1 cm rings. Soak in full fat milk for eight hours before cooking. Then make a flour of 4 tablespoons each of corn flour and plain flour. Coat the rings and shake the excess flour off in a sieve. Heat vegetable oil to a medium high heat, and drop a small piece of white bread in the oil to check, it should cook to a golden brown colour in about 15- 20 seconds. Add the calamari rings and cook in small batches for about a minute. Drain well and dry on kitchen paper, sprinkle with sea salt and serve with lemon wedges.



Andy's ingredient of the month

I have been substituting Rainbow Chard for spinach in most Arabic and Italian dishes. This mix of coloured chard is rich in Vitamins A, K and C, and loaded with proteins, and is available at Organic Foods and Café. Eat it sautéed with onions and garlic.



Menu planner

Whip up a delicious meal with recipes from this issue

Movie night with friends



A refreshing drink to cool off with – pomegranate mocktail, p38



The spicy courgette pita pockets are perfect for summer, p33



These Teriyaki beef & lettuce cups will go down a treat, p44



Easy enough for kids to make, grown-ups will love the cheese roll-ups too, p47

Ask us & win! Got a cooking question you need answered? Send your culinary query to feedback@bbcgoodfoodme.com and get a chance to try the Oishii Sushi dinner for two, worth over Dhs200, from Channels, Media Rotana. To find out more about Chef Andy, visit chefandycampbell.com.

On my bookshelf. . .



★ We ask the pros to tell us about the cookbook they can't live without.

Aztaj Eddoukani, Executive Chef at Eastern Mangroves Hotel and Spa Abu Dhabi by Anantara

My favourite cookbook is Le Guide Culinaire by Escoffier which was given to me during my culinary studies. This traditional French cookbook has not only taught me exquisite recipes, but also classic techniques used in French cooking. Over the years I have memorised the techniques, and with this book, I grew into my culinary career.

Watch this:

★ **Baking Made Easy** on BBC Lifestyle, Daily at 8:55 am and 7:50pm.



Lorraine Pascale's interpretations of baked sweet and savoury treats, cooked from scratch, makes baking everything from a cake to pizza, a breeze. All dishes prepared on the 30-minute show are simple, as Lorraine shares her expert knowledge and shortcut tips. With her easy-on-the-ear presentation style, this makes for great culinary TV.



Download this:

★ **Shine on Raw,** Free on iOS and Android
Raw food expert and chef

Rebecca Kane sheds light on how simple and delicious a raw food diet can be, with hundreds of recipes that are all easy to recreate. Not only are the recipes raw, but free from gluten, dairy and eggs too, so it's ideal for anyone on a special diet. While it has a food cam where users can upload their own pictures, there's not much else by way of interactivity, and it's a bit slow. Nonetheless, it's a useful recipe resource.

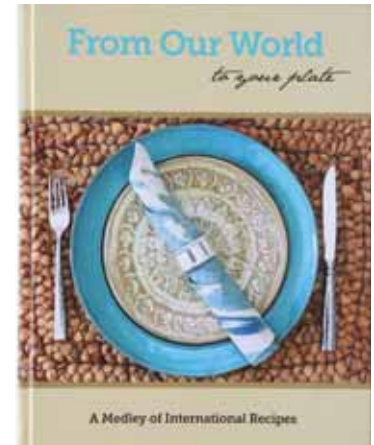
TEXT: SUDESHNA GHOSH

Culina-reads

Reviews of the latest cookbooks, food shows and mobile apps.

★ **From our world to your plate** compiled by Maria Barakat, Radia Si Youcef & Ghalia Abbas (Rich Printing Press)

You know those casual chats about food and recipes most mums have around the school gates every morning? What we think must have started out as a random idea from one of those conversations, has blossomed into this unique book, which brings together a compilation of recipes from the 'parents and friends of Jumeirah Baccalaureate School' – towards a good cause. Capitalising on the multiculturalism of our society, the book contains a mélange of recipes from around the globe – many of them personal, family recipes – whether it's vol-au-vents, or Serbian moussaka, Caribbean rice, Burmese khow suey, Russian honey cake, Indian chicken tikka masala, or Emirati pancakes. Divided into sections such as Appetisers & snacks; Soups & salads; Main courses; Desserts; and Drinks & smoothies, the recipes offer a little window into the kitchens of the many different cultures that we are surrounded with. With all sale proceeds going towards Dubai Cares, this honest, sincere and heartfelt book is really a must-buy. Dhs100, available at Kinokuniya Book World.

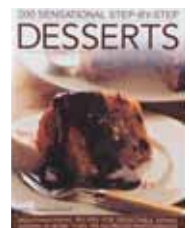


★ **Fish (Parragon books)**

Part of a series of cookbooks simply named after what it is about (for example, others in the series are called Meat, Desserts, Salads and One-pots), this is like a section of a typical cookbook that has been extracted into a book of its own – perfect if you're looking for inspiration for just that culinary category. More of a guide to fish and seafood rather than a cookbook, it includes instructions on working with fish such as cleaning and filleting – accompanied by step-by-step photographs – as well as a variety of classical recipes (think sole in sage butter and sesame coated tuna fingers), also with some of the steps illustrated with photographs. An ideal buy for summer! Dhs35, available at Jashanmal bookstores

★ **200 sensational step-by-step desserts (Hermes House)**

One for the sweet-toothed, this one-stop dessert book covers not only 200 recipes from an array of leading food writers, but also begins with a useful guide to all the basic skills required for desserts – from different kinds of pastry, to preparing fruit, and basic sauces. The recipes are divided into Cold puddings; Hot puddings; Quick & Easy; Low-calorie; Cakes, pies & tarts; and International classics, making it quite comprehensive. While it covers all the classics, most of the recipes are quite Western-focused, with even the International Classics section not venturing too far beyond French or Greek recipes. The paperback is handy however, for anyone wanting to master baking, as well as ideas for whipping up quick desserts that will impress dinner party guests. Dhs40, available at Jashanmal bookstores



Expert tips and tricks, how-to videos and chef skills...
The all-new bbcgoodfoodme.com website – coming soon!



Tried & tasted

Each month, we review two of the city's top tables.

Seafood restaurants



Where: Bice Mare, Souk Al Bahar

What's it like: This well-loved seafood restaurant boasts a terrace which overlooks the fountains at Dubai Mall, but the indoors is equally

inviting, with its white and blue theme. We decided to try their recently launched summer set menu, which offers lighter and smaller tasting portions of some of the highlights of their menu. We began the nine-course degustation meal with a crispy, appetising wholewheat crouton with cherry tomatoes and torn basil. We then tucked into Mazzancolle prawns marinated in garlic and herbs which were sweet and salty, and served with curly endive. Next came octopus cooked in citrus and herbs, which my dining partner thoroughly enjoyed. Pezzogna tartare, a deep sea fish served with toasted almonds and passion fruit sorbet, was the last of the antipasti courses, and offered a divine marriage of sweet and tangy flavours. For the pasta course, we relished a light and fresh orchiette pasta with broccoli, anchovies, and burrata – one of my favourite cheeses – and Scialatielli, a long pasta from Naples served with a seafood mix, basil and parmesan. Because the portions were designed to be smaller, we still had an appetite to try the main courses, which included a Turbot fillet baked with artichoke, zucchini, cherry tomatoes, thyme and terrago, with black truffle shavings – which gave the dish a degree of umami. However, it was the 36-hour herb marinated Canadian veal chop served with pine nuts, on a bed of black olives and roasted potatoes that had us sold, with the succulent and aromatic meat. Finally full to the brim, we only managed to nibble on the dessert platter which, included a sweet and spongy limoncello pound cake, and two chocolate desserts, decadent enough to end the meal with.

Best for:
An elegant
dinner with
friends

If you want to go: Set menu costs Dhs450 per person, food only. Call 04-4230982.

- Nicola Monteath

Where: La Mer, Sofitel Abu Dhabi

What's it like: With its marine-inspired décor – think white-wooden walls, colour schemes, and cobalt blue cushions that add a pop of colour – this seafood bar and restaurant offers a fresh, airy vibe. Specialising in seafood cooked in a French and Mediterranean style, the restaurant serves an array of fresh fish and crustaceans, many of them sourced from the Gulf. Before we were served appetisers, we tucked into a basket of freshly baked bread accompanied by seaweed butter (although not a big fan, it was intriguing to try). Starters were a generous portion of king crab salad with honey tiger prawns, which rated as high on presentation – the prawn tail sprung out of a foam – as it did on taste, with the juicy prawns offering a subtle hint of sweetness. A refreshing pineapple sorbet with mocchito foam cleansed our palates and offered a little tingle to our taste buds while we waited for the main course, a seared Greek sea bass atop mashed potato, with tomato, pear and passion fruit jus. The dish was bursting with flavours in every morsel – the sweet yet tart pear jus offsetting the fish perfectly. As we gazed out at the sea from our chairs, we treated ourselves to wine and Fondant au chocolate with vanilla ice cream – a firm favourite of mine – which was made to perfection!



If you want to go: Approximately Dhs700 for two, without drinks. Call 02-8137777.

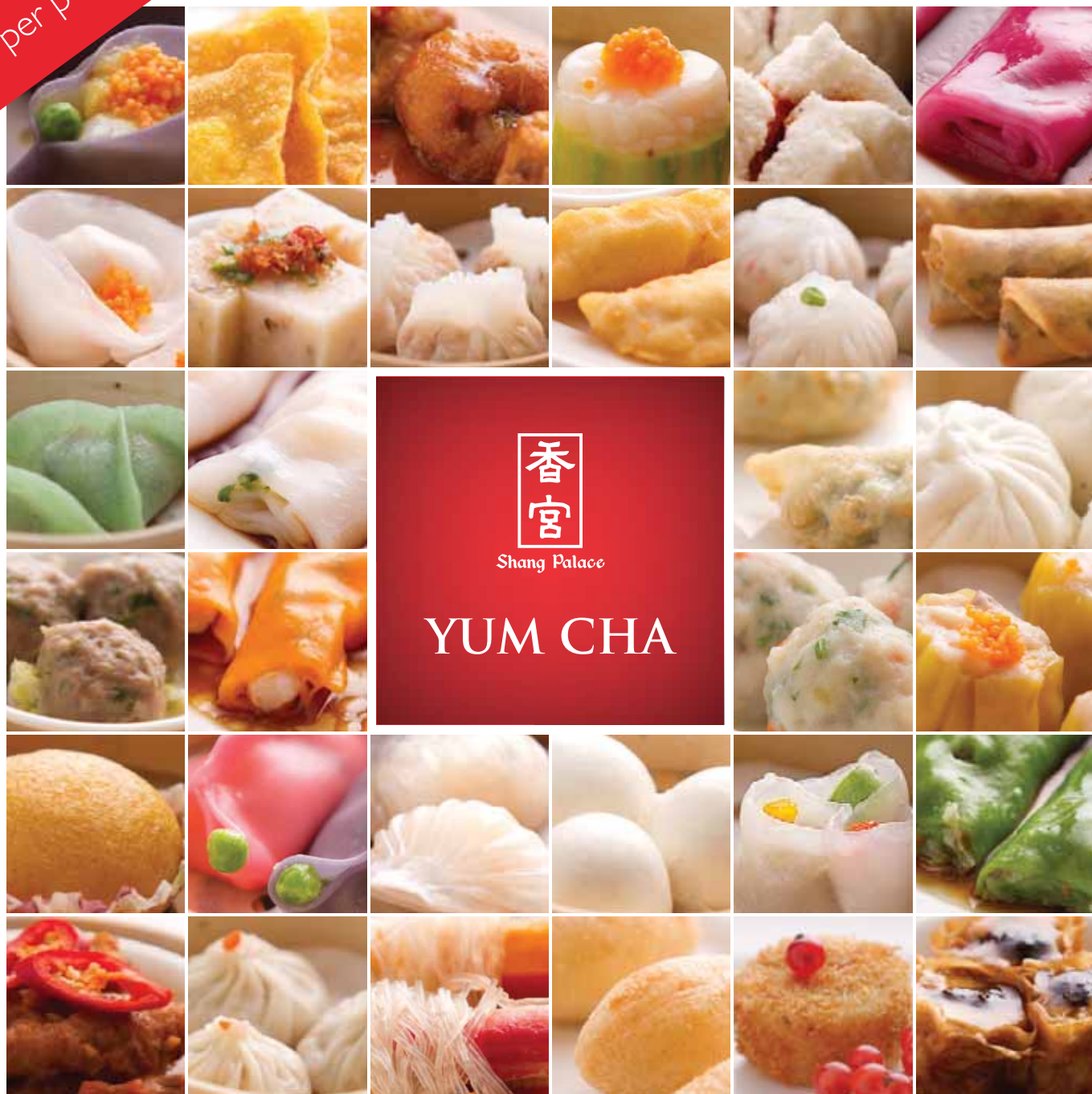
Best for:
Cosy date night

- Nicola Monteath



Photographs supplied

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Flavours of the month

Our pick of the best restaurant offers, promotions and deals this month.

★ Saucy, succulent steak

Steak lovers are well catered for at the Steak night at Amerigos, Park Inn, Abu Dhabi Yas Island, where they can choose their preferred meat cut and weight, from a trolley. There's a chance to enjoy your piece of steak for free as well, by simply guessing the weight accurately.
Available on Sundays, call 02-6562222.



Amerigos, Park Inn, Abu Dhabi Yas Island



★ Street-food sensation

Hong Kong's bustling street food stalls offer dishes such as seafood balls, polo buns, siew main and traditional Chinese milk tea. Just for this month, you can try these authentic Hong Kong street food offerings which have been added to the menu at Shang Palace, Shangri-La Hotel Qaryat Al Beri, Abu Dhabi.
Available daily, call 02-5098503.

★ Seafood night

Tempt your tastebuds with tender lobster, shrimp, fresh oysters, mussels and the catch of the day, after helping yourself to a selection of appetisers at the Thursday night Seafood Blues and Jazz theme night at Sevilla Restaurant, Al Raha Beach Hotel. To quench your thirst, sip on signature cocktails prepared by the expert bartender.
From Dhs220 per person, call 02- 5080555.

★ Lunch in style

The High lunch at At.mosphere Lounge, Burj Khalifa, is the spot to be seen at, when lunching with the girls. On the menu is a mouthwatering Black Angus steak sandwich, a refreshing cellared beverage and a chocolate mousse.
From Dhs250 per person, call 04-48883444.



★ Gourmet sushi

Love sushi? Then you have to try the innovative Arabic sushi newly introduced to the menu at No.5 Lounge and Bar, The Ritz-Carlton, DIFC. The Arabic sushi has fillings such as Arabic pickles, falafel-tahina, prawn harra, and tabbouleh with organic tomato, all presented in the traditional Japanese nigiri, maki and temaki sushi style. Delish!
Available daily, call 04-3722222.

★ German specialties

Feast on a variety of schnitzels at the Schnitzel night held on Tuesdays at Der Keller, Jumeirah Beach Hotel, to get a real taste of German cuisine.
From Dhs160 per person, call 04-4068999.



★ Gourmet offerings

Summer means soaring temperatures, but thankfully it doesn't mean new menus come to a stop! This month, we'll be visiting Nomad at Jumeirah Creekside Hotel to try out the latest inclusions in their menu such as tuna tartar, chilled seafood bouillon and lobster salad.
Available daily, call 04-2308571.



★ Food and footy!

The Premier League Games season is back this month, and there's no better place to catch the games than at the Underground pub at Habtoor Grand Beach Resort and Spa. Indulge in grilled meats and juicy burgers, as part of the authentic British barbecue lunch buffet, while catching the action on screen.
From Dhs99 per person, call 04-3995000.

Eid Al Fitr celebrations



* JA Jebel Ali Golf Resort ballroom

Oriental ouzi, lamb roast and Umm Ali are some of the Arabic specialties that you can feast on, at this Eid extravaganza. Afterwards, take a seat at the traditional Arabic corner, with Bedouin seating, to enjoy shisha, Arabic tea, coffee and dates. Women can also get their hands painted with henna!
From Dhs280 per person, valid on the 2nd day of Eid. Call 04-8145555.

* Signature by Sanjeev Kapoor, Melia Hotel

Celebrate the festivities with Indian-inspired local and international dishes served at live cooking stations. Try the mango lassi to quench your thirst, chicken parmesan tikka for mains, and the all-time favourite Arabic dessert, Halawt Al Jeben to round off your meal.
Dhs199 per person, valid on the 1st day of Eid.
Call 04-3688111.



* Pergolas, Murooj Rotana

Treat your family and friends to a lavish Eid spread of oriental cuisine, international dishes, hot foods from live cooking stations and decadent desserts.
Dhs249 per person, valid on the 2nd day of Eid.
Call 04-3211111.



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Armani/Dolci box of 16 praline milk chocolate shells filled with dried fruit and honey. Dhs60 at **ARMANI**
ARMANI/DUBAI CAFFÈ AND EMPORIO ARMANI CAFFÈ



Myriam Mourabit tebox 1 indigo, Dhs212 at **GENEVIEVE LETHU**



Customised Eid food hamper, from Dhs300 at **LAFAYETTE GOURMET**



Silsal ceramic tea set, Dhs1,480 at **O DE ROSE**



Tea light belt white candle holder, Dhs139 at **GENEVIEVE LETHU**

Decorium 12 pc espresso set, from Dhs445 at **JASHANMAL STORES**



Majestic tray, Dhs59 at **HOMES R US**



Scorlica Vase, Dhs129 at **HOME CENTRE**

Khmissa bread holder tagine, Dhs825 at **BLOOMINGDALE'S HOME**



Tagines cookbook, Dhs49 at **LAKELAND**



Martin Goron glasses, small kettle and large teapot. Dhs80, 350 and 525 respectively, at **BLOOMINGDALE'S HOME**

Compiled by NICOLA MONTEATH | Photographs SUPPLIED

The Doha diaries

Our Doha-based columnist has his finger on the pulse of the city's foodie scene.

The Doha Stone

If you've lived in Doha for more than a few weeks, then I'm willing to bet on the fact that someone, at one time or another, has mentioned in passing 'The Doha Stone'. It's a curse. And a running joke amongst expats. Not unlike the Dubai Stone, the Doha Stone is six and a half kg of wobbly fat that we all mysteriously seem to put on, when moving to this city. Many expats move here expecting to find the streets paved with gold, but actually find they're paved with sugar and carbs.

Groceries are expensive and so, I eat out a lot. I mean why would I spend the same on dinner when, after I've cooked, I have to do my own washing up? And so, like many others before me, I have also fallen victim to the Doha Stone.

I'll let you into the worst kept secret in restaurant history – most restaurants don't care about making your dinner healthy. I mean, you'd never go back to a restaurant if the food is not delicious, and what's an extra pinch of salt or a tablespoon of extra double whipped cream, when returning custom is on the line?

But, there is hope yet. A growing number of restaurants in our fair city are sitting up and realising that food doesn't have to be full of salt, fat and MSG to taste good. Salad Boutique in Aspire Zone was set up at the beginning of the year to offer a healthier option to the popular American fast food franchises. Anima Lounge, on The Pearl-Qatar has made a name for itself for its healthy food at affordable prices (try the quinoa salad – high in protein, low in fat and even more delicious than rice). L'Wzaar Seafood Market in Katara offers a great selection of fresh seafood and light salads, with flavours to rival any artery-engorging high end restaurant Doha has. Don't miss the Sherry fish – it's local, tastes brilliant grilled with lemon, and will only set you back a few riyals.

Something very simple that a friend said to me a few years ago changed my life: "Stop eating when you're full". I know, it sounds like a no-brainer, and a little patronising, but just ask yourself, when you go to a restaurant, how often do you carry on eating what's left on your plate even after you feel full for the first time? Make a conscious decision to adopt this approach, and try these lesser known restaurants which are offering healthy alternatives, and you'll find your Doha Stone a thing of the past. I know I have!

- Jonathan Parsons is co-owner and editor of Qatar's largest online restaurant guide, www.diningindoha.com.

The latest food news and happenings in the city.

Breakfast bonus!

Gourmet House, Kempinski Residences and Suites Doha, is now offering the ultimate 'eggsperience' for breakfast! Try the coddled eggs with spinach, bresaola or salmon, fresh bread rolls, and a cup of tea or coffee with a scone, clotted cream and jam for a breakfast meeting you won't forget in a hurry!

From QR50 per person, call +974 44053326.



Saturday surprise

Brunch-lovers can visit Choices at Oryx Rotana, to feast on fresh seafood, grilled meats, Asian specialties, dishes from live cooking stations, and a selection of delectable desserts and sweet treats.

From QR210 per person, call +974 4 4023333.



Thrilling experiences

Head to Nusantara: Sea Kitchens, the Pan-Asian restaurant at Four Seasons Hotel Doha, to try the special Fugu (Japanese blowfish) menu which includes dishes such as Tora fugu sashimi and nigiri, all prepared by the licensed and skilled chef de cuisine Toshikazu Kato who has perfected the art of preparing this fish since he was 18.

From QR120 per person, call +974 44848601.



Inspiring foodie lifestyle features...
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Courgette caponata
with thyme & garlic
chicken, recipe p27

IN THIS SECTION



* New ideas for
good-value
suppers, P20



* Cut-out recipes
when you're
cooking for one,
P33



* Make our own
flaxseed bread,
P50

Make it tonight

Fab
food on a
budget!

Quick, satisfying and good-value weeknight suppers.

Recipes JEMMA MORPHET

Photographs PETER CASSIDY



Spicy lamb & feta skewers with Greek brown rice salad

SERVES 6 • PREP 25 MINS • COOK

20-25 MINS **Easy** **Low cal** **2 of 5-a-day**

300g brown basmati rice
500g lamb mince
1 tbsp harissa
50g feta, crumbled
1 large red onion, ½ thinly sliced,
½ grated
Large handful of parsley, roughly
chopped
Large handful of mint, roughly
chopped
85g pitted Kalamata olives, quartered
1 cucumber, diced
300g cherry tomatoes, halved
1 tbsp olive oil
Juice of 1 lemon

1 Soak 12 wooden skewers in water for 30 mins. Cook the rice following pack instructions, then rinse under cold water and drain thoroughly.

2 Heat the grill. Mix the mince with the harissa, feta, grated onion and seasoning. Form into 12 sausage shapes and thread onto the skewers. Lay on a non-stick baking tray and grill for 6-8 mins, turning until cooked through and slightly browned.

3 Mix the brown rice with the remaining ingredients and some seasoning. Serve alongside the hot skewers.

PER SERVING 423 kcs, protein 23g, carbs 42g, fat 18g, sat fat 7g, fibre 5g, sugar 5g, salt 1.2g



Kipper fish cakes with watercress mayo

SERVES 2 ● PREP 15 MINS ● COOK 22 MINS **Easy** **Folate** **Vit C** **Iron** **Omega-3**

300g potatoes, cubed
2 spring onions, finely chopped
2 tbsp chopped parsley
200g kipper fillets, skin and bones removed, chopped into small pieces
1 egg, beaten
85g breadcrumbs
3 tbsp mayonnaise
85g bag watercress
2 tsp capers, chopped
Sunflower oil, for frying
Lemon wedges, to serve (optional)

1 Boil the potatoes for 10-12 mins until tender. Drain thoroughly, then roughly mash.
2 Mix the potato, spring onions, parsley and fish. Season with a little black pepper, then shape into 4 fish cakes. Dip each in the egg and then breadcrumbs to cover. Chill for at least 10 mins.
3 Whizz the mayo with a small handful of watercress. Season and stir through the capers. Heat a thin layer of oil in a frying pan. Fry the fish cakes for 1 min on a high heat until crisp and brown, then cook for about 4 mins on a lower heat. Repeat on the other side, ensuring the fish is cooked all the way through. Serve with the remaining watercress and the mayo.

PER SERVING 708 kcals, protein 30g, carbs 55g, fat 41g, sat fat 7g, fibre 5g, sugar 3g, salt 3.6g

TIP

These freeze beautifully, so it's worth making a bigger batch. Make to the end of step 2, then freeze, uncooked. Defrost in the fridge overnight.

Veggie peanut noodles with coriander omelette ribbons

SERVES 4 ● PREP 15 MINS ● COOK 15 MINS **Easy** **V** **Low cal** **Folate** **Fibre**
Vit C **Good for you** **1 of 5-a-day**

250g pack medium egg noodles
2 tsp sesame oil, plus a little extra for drizzling
1½ tbsp sunflower oil
3 carrots, cut into thin batons
2 garlic cloves, finely sliced
½ Chinese cabbage, roughly sliced
5 spring onions, thinly sliced on the diagonal
2 tbsp crunchy peanut butter
2 tsp light soy sauce
1 tbsp sweet chilli sauce
3 eggs, beaten
Handful of coriander, roughly chopped, plus a few sprigs to garnish

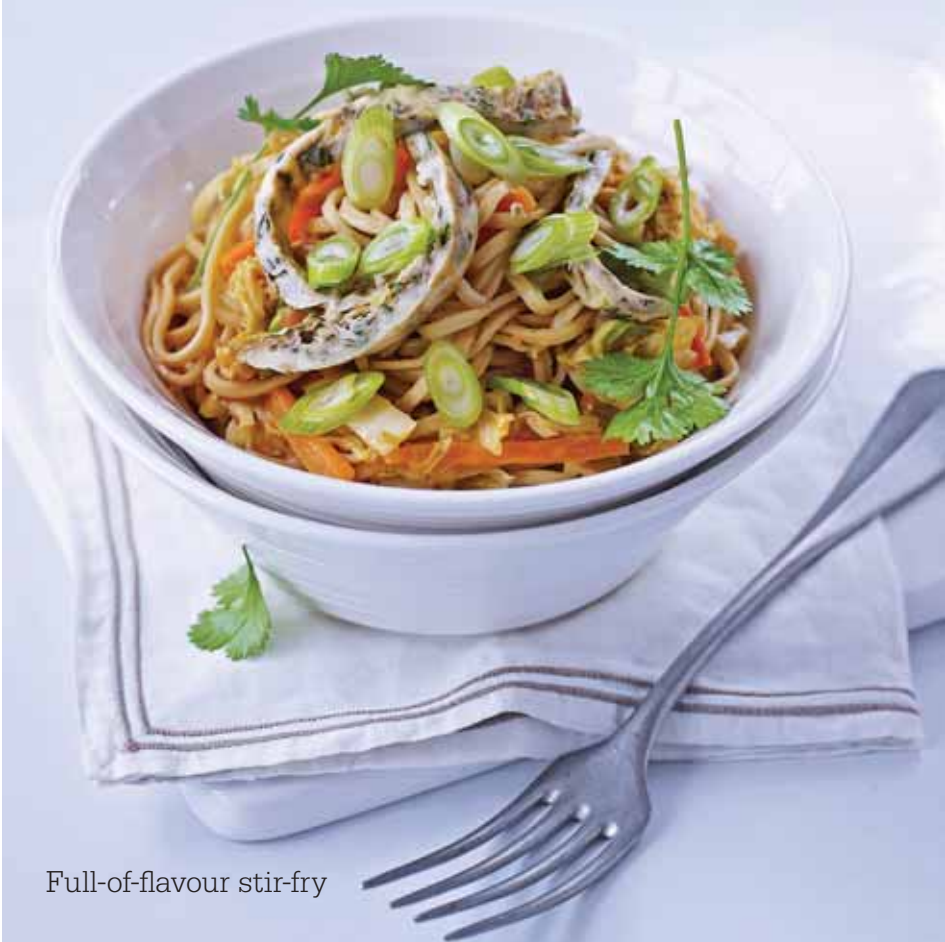
1 Cook the noodles following pack instructions. Drain, reserving 2 tbsp of

the cooking water. Toss the noodles in a drizzle of sesame oil and set aside.

2 Meanwhile, heat half the sunflower oil in a wok. Add the carrots and stir-fry until tender. Tip in the garlic, cabbage and half the spring onions, and stir-fry for 1-2 mins until the cabbage begins to wilt. Mix together the peanut butter, soy, sesame oil, chilli sauce and reserved cooking water, then add to the pan. Toss in the noodles and heat until warmed through.

3 Whisk the eggs, chopped coriander and some seasoning in a bowl. Heat the remaining sunflower oil in a non-stick frying pan. Tip in the eggs, stir once, then allow to set on one side. Turn over carefully, using a plate if you need to, and cook the other side until set and golden. Slide out onto a board. Cool for 1 min, then cut into strips. Scatter over the noodles, along with the remaining spring onions and a few coriander sprigs.

PER SERVING 453 kcals, protein 16g, carbs 51g, fat 20g, sat fat 4g, fibre 7g, sugar 10g, salt 1.3g >>



Full-of-flavour stir-fry



Chicken & quinoa salad with beetroot yoghurt

SERVES 4 ● PREP 10 MINS ● COOK 45 MINS **Easy** **Folate** **Fibre** **Iron** **2 of 5-a-day**

- 4 chicken thighs, skin left on
- 2 red onions, cut into wedges (keep the roots intact)
- 3 carrots, cut into batons
- 1 tbsp olive oil
- 1 lemon, sliced
- 2 tbsp clear honey
- 250g quinoa
- 140g vacuum-packed beetroot (not in vinegar), finely chopped
- 5 tbsp Greek-style yoghurt
- 1 garlic clove, crushed
- Small handful of dill, chopped, plus a few fronds to garnish

1 Heat oven to 200C/180C fan. Place the chicken thighs, onions and carrots in a roasting tin. Season, drizzle with the oil and nestle lemon slices around. Bake for 30 mins. Stir everything, drizzle with the honey and bake for another 15 mins until the chicken is cooked through and tender.

2 Meanwhile, cook the quinoa following pack instructions, then rinse with cold water and drain thoroughly.

3 Mix the beetroot, yoghurt, garlic, dill and some seasoning in a bowl. In a separate bowl, mix the quinoa, the roasted veg and 2 tbsp of the cooking juices. Pop the chicken thighs and lemon slices on top, then scatter with dill fronds. Serve with a dollop of the beetroot yoghurt on the side.

PER SERVING 535 kcal, protein 28g, carbs 57g, fat 19g, sat fat 5g, fibre 10g, sugar 21g, salt 0.4g

Serve a satisfying salad



Baked aubergines with cannellini beans

SERVES 2 ● PREP 5 MINS ● COOK 40 MINS **Easy** **V** **Low cal** **Fibre** **4 of 5-a-day**

- 2 aubergines, halved lengthways (leave the stem on)
- 2 tbsp olive oil
- 1 onion, finely chopped
- 2 garlic cloves, finely chopped
- 1 thyme sprig, leaves picked
- 400g can chopped tomatoes
- 400g can cannellini beans, drained and rinsed
- 25g Parmesan (or vegetarian alternative), grated

1 Heat oven to 220C/200C fan. Using the tip of a knife, score the cut side of the aubergines with a criss-cross pattern. Place in a snug roasting dish or tin. Rub with half the oil, season and bake for 30 mins or until tender.

2 Meanwhile, heat the remaining oil in a frying pan. Add the onion and garlic, and cook for about 8 mins until soft. Add the thyme leaves, tomatoes, beans and half a can of water. Simmer down for about 8 mins until thick, then season.

3 Spoon the beans under and around the aubergine halves. Scatter with Parmesan and bake for 10 mins more until golden.

PER SERVING 377 kcal, protein 18g, carbs 38g, fat 17g, sat fat 5g, fibre 11g, sugar 17g, salt 1.1g **GF**

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Eat well all week

These new flavour-packed suppers make it a breeze to stick to a healthy eating plan from Sunday to Thursday. Recipes JEMMA MORPHET Photographs PETER CASSIDY



Simple way
to cook salmon

Salmon with leeks & parsnip mash

SERVES 4 • PREP 10 MINS • COOK 25 MINS **Easy** **MASH ONLY** **Superhealthy**

Heart healthy **Omega-3** **Vit C** **Folic acid** **3 of 5-a-day**

4 x 130g salmon fillets

Juice and finely grated zest of 1 lemon

2 tbsp thyme leaves

1kg parsnips, chopped

4 tbsp fromage frais

1 tbsp olive oil

2 leeks, thinly sliced

1 Heat oven to 200C/180C fan. Place the salmon pieces into a roasting tin, squeeze over the lemon juice and

scatter with ½ the zest. Season and sprinkle over ½ the thyme. Roast for 15 mins until salmon is cooked through.

2 Meanwhile, bring a lightly salted pan of water to the boil and cook the parsnips for 15 mins, until tender. Drain well, then mash with the remaining lemon zest and the fromage frais. Keep warm.

3 Heat the oil in a non-stick frying pan. Cook the leeks over a medium heat for 6-8 mins, adding a splash of water and covering with a lid after 5 mins, until soft. Stir the leeks into the mash and serve with the salmon, scattered with the remaining thyme leaves.

PER SERVING 452 kcs, protein 33g, carbs 34g, fat 21g, sat fat 4g, fibre 13g, sugar 16g, salt 0.23g



Tomato & tamarind fish curry

SERVES 4 • PREP 10 MINS

• COOK 25 MINS **Easy** **Low cal** **Low fat**

2 of 5-a-day **Good for you**

6 garlic cloves

1 red chilli, roughly chopped

(deseeded if you don't like it too hot)

Thumb-sized piece ginger, peeled and roughly chopped

1 tsp turmeric

1 tbsp ground coriander

1 tbsp rapeseed oil

2 tsp cumin seeds

1 tsp fennel seeds

2 x 400g cans chopped tomatoes

200g green beans, trimmed and halved

1 tbsp tamarind paste

4 firm white fish fillets (such as hake)
handful coriander leaves, roughly chopped

Cooked basmati rice, to serve

1 Blitz together the garlic, chilli, ginger, turmeric and ground coriander with 3 tbsp water. Heat the oil in a large pan and toast the cumin and fennel seeds, letting them sizzle until aromatic. Add the ginger paste and fry for 3 mins.

2 Empty the tomatoes into the spice pan, plus a can of water. Add the beans, bring to the boil, then turn down the heat and simmer for 5 mins. Stir in the tamarind paste. Add the fish fillets, generously season with ground black pepper, cover and simmer for 10 mins. Take off the lid, carefully turn the fillets, then bubble the sauce until the fish is cooked through and the sauce is thick. Sprinkle over the coriander leaves and serve with rice.

PER SERVING 224 kcs, protein 31g, carbs 11g, fat 7g, sat fat 1g, fibre 4g, sugar 9g, salt 0.6g >>



Harissa prawn skewers with caroty couscous

SERVES 4 • PREP 15 MINS • COOK 10

MINS **Easy** **Low cal** **Low fat** **Folate** **Fibre** **Iron**

2 of 5-a-day Good for you

- 1 tbsp olive oil
- 1½ tsp cumin seeds
- 3 carrots, coarsely grated
- 200g couscous
- 400g raw prawns
- 16 cherry tomatoes
- 1 onion, cut into 12 thin wedges, leaving root intact
- 1 tbsp harissa
- 2 tsp tahini
- 2 tbsp low-fat natural yoghurt
- 1 small garlic clove, crushed
- Juice of ½ lemon, plus wedges
- Handful of mint leaves, chopped

1 Heat the olive oil in a pan with the cumin seeds and toast for a few mins until aromatic. Tip in the carrots,

season, then cook for 3 mins until tender. Transfer to a bowl, then pour over the couscous and 400ml hot water. Cover with cling film and leave for 10 mins, or until all the water has been absorbed and the couscous is tender.

2 Meanwhile, heat the grill to high. Put the prawns, cherry tomatoes and onion wedges in another bowl, season, then stir in the harissa. Thread everything onto skewers (if using wooden skewers, soak them in water first to prevent burning), then lay on a baking tray. Grill for 2-3 mins each side, or until the prawns are cooked though.

3 Mix the tahini, yoghurt, garlic, lemon juice and seasoning to make a sauce. Fork the mint though the couscous, transfer to a platter and place the skewers on top. Drizzle over any cooking juices, and serve with a dollop of sauce and lemon wedges.

PER SERVING 344 kcs, protein 26g, carbs 54g, fat 6g, sat fat 1g, fibre 6g, sugar 10g, salt 0.6g



Steak, roasted pepper & pearl barley salad

SERVES 2 • PREP 10 MINS • COOK 30

MINS **Easy** **Low cal** **Folate** **Vit C** **Iron**

3 of 5-a-day Good for you

- 85g pearl barley, rinsed
- 1 each red and yellow pepper, deseeded and cut into strips
- 1 red onion, cut into 8 wedges, leaving root intact
- 1 tbsp olive oil, plus a little extra
- 1 large lean steak, around 300g, trimmed of any excess fat
- 50g watercress, roughly chopped
- Juice of ½ lemon, plus wedges

1 Put the pearl barley in a large pan of water. Bring to the boil and cook vigorously for 25-30 mins or until tender. Drain thoroughly and transfer to a bowl.

2 Meanwhile, heat oven to 200C/180C fan. Put the peppers on a baking tray with the onion wedges, toss in 1 tbsp olive oil and roast for about 20 mins until tender.

3 While the peppers are roasting, rub the steak with a little bit of oil and season. Cook in a non-stick frying pan for 3-4 mins each side, or to your liking. Set aside to rest for a few mins. Mix the cooked peppers and onions into the barley. Stir though the watercress, lemon juice and some seasoning. Thinly slice the steaks, place on top of the salad and serve with lemon wedges, if you like.

PER SERVING 498 kcs, protein 38g, carbs 48g, fat 17g, sat fat 5g, fibre 6g, sugar 13g, salt 0.2g



Satisfying
yet guilt-
free supper

TIP The courgette caponata is best served warm or cold rather than hot.

Courgette caponata with thyme & garlic chicken

SERVES 4 • PREP 20 MINS • COOK 55

MINS **Easy** **Low cal** **Low fat** **Folate** **Vit C**

2 of 5-a-day **CAPONATA ONLY**

- 4 garlic cloves, thinly sliced
- Few thyme sprigs, leaves picked
- 2 tbsp olive oil
- 2 red onions, finely sliced
- 3 celery sticks, thickly sliced on the diagonal
- 4 courgettes, halved lengthways and cut into chunks on the diagonal
- 400g can chopped tomatoes
- 2 tsp capers
- 1 tbsp red wine vinegar
- 3 tbsp sultanas
- 4 skinless chicken breasts

1 Put one-quarter of the garlic, the thyme and some seasoning in 2 tsp of the olive oil and set aside.

2 Heat the remaining oil in a pan. Tip in the onions and celery, and cook for around 10 mins until soft. Add the courgettes and the rest of the garlic, and fry for a few mins to soften. Add the tomatoes, ½ can water, capers, vinegar, sultanas and seasoning. Gently simmer for around 20 mins until the juices have thickened and the vegetables are tender.

3 Meanwhile, cut the chicken breasts in half to open up like a book. Place them between 2 layers of baking parchment and flatten a little by bashing gently with a rolling pin. Heat a griddle pan and rub the chicken with your flavoured oil, discarding the garlic. Cook for around 3 mins each side, or until cooked through – you may have to do this in batches, depending on the size of your pan. Cut the chicken into strips and serve alongside the courgette caponata.

PER SERVING 276 kcal, protein 34g, carbs 17g, fat 8g, sat fat 1g, fibre 4g, sugar 15g, salt 0.4g

ADVERTISING FEATURE



Healthy salad

Eating light made easy!

Cannellini bean & egg salad with crispy crumbs

SERVES 2

- 2 medium eggs
- 8 spring onions, trimmed (remove the root and half of the dark green part)
- 1½ tbsp olive oil
- 1 slice wholemeal bread, broken into chunky breadcrumbs
- 400g can cannellini beans, drained and rinsed
- Juice of ½ lemon
- 1 tsp Dijon mustard
- ½ small red onion, finely chopped
- Handful of parsley, roughly chopped
- 1 Little Gem lettuce, roughly chopped

1 Cook the eggs in boiling water for 6 mins, or longer if you prefer them hard-boiled. Add the spring onions for the final 3 mins of cooking. Remove and run both under cold water. When cool enough to handle, pat the spring onions dry and peel the eggs.

2 Meanwhile, heat ½ tbsp of the oil in a non-stick frying pan. Tip in breadcrumbs and season. Fry for 3-4 mins until crisp and golden, then set aside.

3 Toss the spring onions with the beans, lemon juice, mustard, red onion, parsley, remaining oil and lettuce. Season and arrange halved boiled eggs on top. Sprinkle with the crumbs and eat straight away.

MAKE THIS WITH

The La Tourangelle extra virgin olive oil is hand-crafted using age-old cold pressed methods in Provence. Available at select supermarkets and markets.



Satisfying salads

The final one in our three-part series on fresh, light, perfect-for-summer salad recipes.

Try our
**cover
recipe!**



Watermelon, prawn
& avocado salad

**Watermelon, prawn
& avocado salad**SERVES 4 • PREP 15 MINS PLUS
MARINATING • NO COOK

Easy Low cal Low fat 1 of 5-a-day Good for you

1 small red onion, finely chopped
 1 fat garlic clove, crushed
 1 small red chilli, finely chopped
 Juice of 1 lime
 1 tbsp vinegar
 1 tsp caster sugar
 Watermelon wedge, deseeded and
 diced
 1 avocado, diced
 Small bunch of coriander leaves,
 chopped
 200g cooked tiger prawns, defrosted
 if frozen

1 Put the onion in a medium bowl with the garlic, chilli, lime juice, vinegar, sugar and some seasoning. Leave to marinate for 10 mins.

2 Add the watermelon, avocado, coriander and prawns, then toss gently and serve.

PER SERVING 179 kcals, protein 13g, carbs 14g, fat 8g, sat fat 1g, fibre 2g, sugar 13g, salt 0.91g

TOP TIP If your avocado is a bit hard, leave out of the fridge in your fruit bowl – next to some bananas if you have them.

**Asian chicken salad**

SERVES 2 • PREP 10 MINS • COOK

10 MINS Easy Low cal Low fat Good for you

1 boneless, skinless chicken breast
 1 tbsp fish sauce
 Zest and juice of ½ lime
 1 tsp caster sugar
 100g bag mixed salad leaves
 Large handful of coriander, chopped
 ¼ red onion, thinly sliced
 ½ chilli, deseeded and thinly sliced
 ¼ cucumber, halved lengthways, sliced

1 Put the chicken in a saucepan, cover with cold water, bring to the boil, then cook for 10 mins. Remove from the pan and tear into shreds. Stir together the fish sauce, lime zest and juice, and sugar until the sugar dissolves.

2 Divide the salad leaves and coriander between 2 plates, then top with the chicken, onion, chilli and cucumber. Toss the dressing through each salad and serve.

PER SERVING 109 kcals, protein 19g, carbs 6g, fat 1g, sat fat none, fibre 5g, sugar 1.6g, salt none >>

Wild rice salad

SERVES 4-6 • PREP 5 MINS • COOK 5 MINS **Easy** **V** **Low cal** **Low fat** **Good for you**

250g wild rice

1 red onion, thinly sliced

Small handful of sultanas

3 carrots, grated

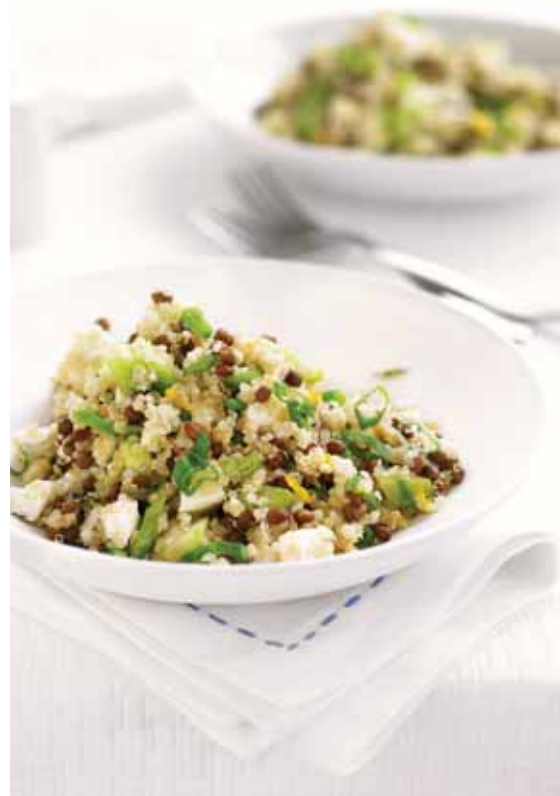
Zest and juice of 1 lemon

1 tbsp honey

1 Cook the rice following pack instructions. Put the onion and sultanas in a bowl and pour over boiling water to cover. Leave to stand for 1 min, then drain and stir in the rice and carrot.

2 Mix in the lemon zest and juice, honey and seasoning, then serve.

PER SERVING (4) 130 kcals, protein 4g, carbs 30g, fat 1g, sat fat none, fibre 4g, sugar 16g, salt 0.38g



Quinoa, lentil & feta salad

SERVES 4 • PREP 15 MINS

• COOK 15 MINS **Easy** **V**

Low cal **Low fat** **Iron** **1 of 5-a-day** **Good for you**

200g quinoa

1 tsp olive oil

1 shallot or ½ onion, finely chopped

2 tbsp tarragon, roughly chopped

400g Puy or green lentils (drained and rinsed if from a can)

¼ cucumber, lightly peeled and diced

100g feta, crumbled

6 spring onions, thinly sliced

zest and juice 1 orange

1 tbsp vinegar

1 Cook the quinoa in a large pan of boiling water for 10-15 mins until tender, drain well, then set aside to cool.

2 Meanwhile, heat the oil in a small pan, then cook the shallot or onion for a few mins until softened. Add the tarragon, stir well, then remove from the heat.

3 Stir the softened shallot or onion mixture into the cooled quinoa along with the lentils, cucumber, feta, spring onions, orange zest and juice, and vinegar. Toss together well and chill until ready to serve.

PER SERVING 286 kcals, protein 16g, carbs 39g, fat 9g, sat fat 3g, fibre 2g, sugar 6g, salt 1.48g **Gf**



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Sizzled masala lamb with chopped salad



Spicy courgette pita pockets

Supper for one

Home alone? Make it a reason to cook something special. Recipes JEMMA MORPHET Photographs LARA HOLMES



Sardine storecupboard spaghetti



Bacon & roast onion salad

Spicy courgette pita pockets

SERVES 1 EASILY DOUBLED ●
PREP 10 MINS ● COOK 6 MINS

Easy   Folate Fibre Vit C 2 of 5-a-day

- 1 courgette, trimmed and thinly sliced lengthways
- 2 tsp harissa paste
- 2 tsp olive oil
- Small handful of broad beans (fresh or frozen)
- 2 tbsp hummous
- 1 spring onion, finely sliced
- 1 tsp tahini
- Small garlic clove, crushed
- Squeeze of lemon juice
- 1 tbsp Greek-style yoghurt
- 1 large wholemeal pita

1 Toss the courgette slices in the harissa and olive oil, and season. Cook on a hot griddle pan for 2 mins each side or until tender. Transfer to a plate and set aside.
2 Cook the broad beans in boiling water for 2 mins, drain under cold



running water, then slip them out of their outer skins. Discard the skins. Put the broad beans, hummous and spring onion in a small bowl and mix to combine.
3 In another bowl, mix the tahini, garlic, lemon juice and yoghurt. Toast the pitta and split it to create 2 pockets. Spoon the hummous mix inside each pocket, followed by the spicy courgette slices and a drizzle of the yoghurt mixture.

PER SERVING 470 kcals, protein 21g, carbs 48g, fat 21g, sat fat 4g, fibre 12g, sugar 8g, salt 1.9g

Sizzled masala lamb with chopped salad

SERVES 1 EASILY DOUBLED
● PREP 10 MINS ● COOK 8-10

MINS Easy  Folate Fibre Vit C Iron
3 of 5-a-day

- 1 tsp rapeseed oil
- 1 tbsp curry paste
- 2 lamb loin chops
- seeds from ½ pomegranate
- ¼ cucumber, peeled, deseeded and finely diced
- 6 radishes, diced
- 6 cherry tomatoes, quartered
- ½ small red onion, very finely sliced
- small handful each of mint and coriander, roughly chopped, plus a few leaves to garnish
- ¼ tsp ground cumin
- juice ½ lemon

1 Heat grill. Rub the oil and curry paste all over the chops and season. Put the chops on a baking tray and grill for about



4-5 mins each side for medium, depending on the thickness of the chop, or to your liking. Allow to rest for a couple of mins.
2 Meanwhile, put the remaining ingredients (except the garnish) in a bowl, give everything a stir, then season. Spoon the salad onto a plate and lay the chops on top. Scatter with the remaining herb leaves.

PER SERVING 568 kcals, protein 39g, carbs 20g, fat 36g, sat fat 14g, fibre 6g, sugar 17g, salt 0.9g

Bacon & roast onion salad

SERVES 1 EASILY DOUBLED ●
PREP 5 MINS ● COOK 25 MINS

Easy  Folate Fibre 3 of 5-a-day P

- 1 red onion, cut into 8 wedges, root left intact
- 2 tbsp olive oil, plus extra for drizzling (optional)
- Handful of peas (fresh or frozen)
- 1 tsp Sherry vinegar
- 1 tsp Dijon mustard
- 2 slices smoked streaky bacon
- 1 slice of bread, cut into cubes
- 1 Baby Gem lettuce, leaves torn

1 Heat oven to 220C/200C fan. Arrange the onion wedges on one side of a baking tray. Drizzle with ½ tbsp of the olive oil and season. Put in the oven and roast for 15 mins.
2 Meanwhile, cook the peas in boiling water for 2 mins, drain and rinse in very cold water. Set aside.
3 Make the dressing by mixing together another ½ tbsp of the oil, the vinegar, mustard and



seasoning. Turn the onions, and put the bacon slices and bread next to them on the baking tray. Drizzle the remaining oil over the bread. Return the tray to the oven for 12 mins more, until the bacon and bread are golden.
4 Put the lettuce and peas in a bowl, add the dressing and toss to combine. Arrange the onion and bread on top. Break up the bacon slightly and scatter over. Drizzle with a little more olive oil, if you like, and eat straight away.

PER SERVING 498 kcals, protein 14g, carbs 27g, fat 37g, sat fat 7g, fibre 8g, sugar 12g, salt 2.3g

Sardine storecupboard spaghetti

SERVES 1 EASILY DOUBLED
● PREP 5 MINS ● COOK 12

MINS Easy  Fibre Vit C Iron Omega-3
3 of 5-a-day

- 100g spaghetti
- 1 tbsp olive oil
- 1 small onion, finely chopped
- 2 large garlic cloves, finely chopped
- 10 cherry tomatoes, halved
- 95g can boneless sardines in olive oil, drained
- 8 green pitted olives, halved
- 2 tsp capers
- Handful of parsley leaves, chopped

1 Cook the spaghetti following pack instructions. Meanwhile, heat the oil in a pan, tip in the onion and cook for 5 mins or until soft. Add the garlic and tomatoes, and cook for a few mins more.



2 Stir through the sardines, breaking them up lightly with the back of a spoon. Add the olives and capers, season and heat through. Toss in the cooked, drained spaghetti, a splash of the cooking water and parsley.
PER SERVING 801 kcals, protein 38g, carbs 82g, fat 36g, sat fat 6g, fibre 12g, sugar 11g, salt 2.4g

HEALTHY BENEFITS

Rich in omega-3 and omega-6 oils, canned sardines are an excellent source of vitamin D, calcium and phosphorous.

Kitchen notes

Nutrition advice,
expert cooking tips
and product picks
for your pantry.



Make it delicious!

Quick cooking just got a whole lot easier with Delicio's all-new range of condiments and sauces, made from natural, premium and high quality ingredients. Add flavour to pasta with a range of sauces such as Arrabiata; Funghi (with mushrooms); Sicilana (with olives and capers); Napoletana; Formaggio and Bolognese, or make a healthy salad for lunch with dressings including ranch, Italian and buttermilk, and mayonnaise, made from soybean oil, natural salt and sugar, and free range eggs. Prices start at Dhs7, available at all leading supermarkets.

Ingredient focus: Xanthan gum

This natural sugar derived from corn is processed and sold in a powder form, and has thickening and binding properties which makes it an important component in gluten-free baking – to give cakes a bounce, and breads a chewy texture. Xanthan gum can be used in dressings as well, but be careful, as it clumps a lot. Add ¼ teaspoon of the powder and a drop of dressing or sauce at a time to incorporate smoothly. Xanthan gum has also been popular with chefs dabbling in molecular gastronomy, as its unique texture lends itself to different applications, but its star seems to be fading in professional kitchens. Available at Organic Foods and Café.

Look what we found!

3 great new products for your kitchen



Make gluten-free bread at home easily with this Springhill Farm The Real Bread mix. Dhs22 at Milk and Honey stores.

This BPA- and carbon-free Ohyo collapsible bottle can be collapsed when empty and fitted into a pocket. Perfect for school and handbags! Dhs29 at The Change Initiative.



The caffeine-free Newby Rooibos Orange herbal tea is the perfect cup to cosy up with. Dhs23.50 at Spinney's and Waitrose supermarkets.



Reader tip of the month



When cooking with green chillies, after adding to a pan, keep it uncovered, to retain the colour.

- Nasha Mobed



Got a great tip you want to share?
Get in touch with us on facebook or twitter



SMART FOOD SWAPS



Health update>

August is Natural Cataract awareness month, which makes it the perfect time to talk about nutrition to boost eye health. Cataract formation can be prevented by eating certain fruit, veg and nuts. Vitamins C and E are beneficial for eye health, so include spinach, broccoli, strawberries, papaya, as well as sunflower seeds and oil, hazelnuts and peanuts in your diet. Lutein – an antioxidant compound – also helps prevent cataract, and can be found in kale, lettuce, carrots and eggs.

Time for Thai



Nut Kunlert, Thai brand chef at Lemongrass Thai Restaurants, tells us more about their recently launched menu.



Tell us a little bit about yourself, and your background in the food industry?

I have been in the culinary industry for over 15 years now, having started back home in Bangkok. My first challenge out of my home country was in Delhi, India, where I had a chance to open a standalone restaurant, Thai Wok, with a young dynamic team. I later moved to Kolkata and joined the Park hotel to open a Pan Asian concept restaurant which received great response. After ten years in India, I moved to Islamabad to open an Asian restaurant named Wild Rice at Serena Hotel, and in 2012, I came to Dubai to join Living Brands to head up Lemongrass restaurant.

What makes the cuisine at Lemongrass special?

At Lemongrass, the dishes are a combination of homemade and street foods, popular in Thailand. We like to use fresh ingredients and a selection of Thai spices to give it an authentic taste. Also, all our chefs are Thai – I believe this allows us to offer a traditional Thai experience.

What is the concept behind the new menu?

I wanted to introduce a variety of flavours on the

menu that are true to Thai cuisine. Guests can expect dishes which aren't extremely spicy, all beautifully presented, and include authentic fresh herbs such as Krachai (Thai finger root) and Pak chee lab (Thai coriander).

Can you share some of the highlights on the new menu that diners can look forward to?

The signature dish is a Lemongrass set of multiple starters like Pandan chicken, chicken satay, prawn cakes, spring rolls and glass noodle salad. We also have a spicy and sour prawn soup with lemongrass and lime leaves (Tom Yum Goong); roasted duck with fresh fruit and herbs salad (Yum Ped Yang), sweet sago with water chestnut in coconut custard (Tako Haew), and all-time favourite Pad Thai with peanuts and bean sprouts. Along with these dishes we will also be offering a selection of new dishes on a monthly basis.

For restaurant
reservations,
call 04-3342325.



RECIPE

Tom Kha Gai (chicken and galangal in coconut milk soup)

SERVES 4 | PREP 30 MINS | COOK 15 MINS

800ml chicken stock or vegetable stock
20g whole kaffir lime leaves
60g lemongrass, lightly crushed and sliced
40g galangal, finely sliced
20g coriander (root part)
10g red chillies, lightly crushed
60g red onions, cubed
400g chicken breast, finely sliced
200g white mushrooms, cut in half
4 tsp white sugar
4 tsp chicken seasoning powder
4 tbsp Thai fish sauce
6 tbsp fresh lemon juice
800ml coconut milk
20g coriander leaves, chopped
4 tsp chilli oil

1 Add chicken stock to a pot and once it starts to boil, add the lime leaves, lemongrass, galangal, onions and coriander root. Keep boiling till you get the aroma of the herbs (this should take 3 mins).

2 Add the chicken and mushrooms and simmer for 3-5 mins, until the chicken is cooked. Then add all the seasoning and coconut milk, and continue to simmer for 1 min.

3 Serve hot in a bowl, garnished with coriander leaves and chilli oil.



5 ways with summer fruits

Delicious sweet and savoury ideas for the season's bounty.
Recipes CASSIE BEST Photograph DAVID MUNN

Strawberry milk pops

MAKES 12 ● PREP 10 MINS PLUS FREEZING

● NO COOK **Easy** **Low fat** **Vit C**

Hull **400g ripe strawberries** and blitz in a food processor until smooth. Mix in **200ml semi-skimmed milk** and a **405g can light condensed milk**. Pour the mixture into 12 ice-lolly moulds and attach the tops. Freeze for a minimum of 4 hrs until solid. Warm the moulds with your hands or under warm water to release the pops.

Will keep in the freezer for up to 2 months.

PER POP 107 kcals, protein 4g, carbs 22g, fat none, sat fat none, fibre 1g, sugar 22g, salt 0.2g

Gooseberry & gingernut pots

SERVES 4 ● PREP 15 MINS PLUS COOLING ●

COOK 10 MINS **Easy** **Low fat** **Vit C** **1 of 5-a-day**

Top and tail **400g gooseberries**, then put in a small pan with **100g caster sugar**. Cook over a medium heat for 10 mins, stirring occasionally, until soft. Cool. Mix **225g light soft cheese** with **225g fat-free Greek yoghurt** and **3 tbsp caster sugar**. Spoon **gooseberries** into 4 glasses or bowls, top with the creamy mixture, then crumble over **4 light gingernut biscuits**. Serve straight away.

PER POT 386 kcals, protein 12g, carbs 62g, fat 10g, sat fat 6g, fibre 3g, sugar 58g, salt 0.8g

Red berry & rose compote

MAKES 500ML ● PREP 10 MINS PLUS COOLING

● COOK 10 MINS **Easy** **Low fat** **Vit C** **1 of 5-a-day**

Put **200g raspberries** in a pan with **140g caster sugar** and **1 tbsp lemon juice**. Cook over a medium heat for a few mins. Add **400g quartered strawberries** and cook for 5 mins until strawberries soften. Stir in **1 tsp rose water**, then cool. Serve with **yoghurt** or **ice cream**, over cereal or puréed in a cocktail.

Keeps in the fridge for up to 5 days.

PER 100ml 142 kcals, protein 1g, carbs 34g, fat none, sat fat none, fibre 3g, sugar 34g, salt none

Blueberry parcels

MAKES 6 ● PREP 20 MINS ● COOK

15 MINS **Easy** **Low cal** **Low fat** **Good for you**

Heat oven to 200C/180C fan. Mix **300g blueberries** with **1 tbsp soft brown sugar** and **1 tsp vanilla extract**. Layer **3 sheets filo pastry**, brushing each sheet with a little oil. Repeat with another 3 sheets to make a second stack. Cut each filo stack into 3 long strips.

Place a spoonful of the blueberry mixture at the top of each strip, then fold over and over to form 6 triangular parcels. Brush final edge with a **little beaten egg** to seal. Brush tops with a bit more oil and scatter over a little extra brown sugar.

Bake on a baking tray for 15 mins until golden. Serve with **half-fat crème fraîche**, if you like.

PER PARCEL 91 kcals, protein 2g, carbs 16g, fat 2g, sat fat none, fibre 2g, sugar 9g, salt 0.1g

Peach & halloumi salad

SERVES 4 AS A STARTER OR 2 AS A MAIN ● PREP 10 MINS ● COOK 5 MINS

Easy **V** **Low fat** **Vit C** **1 of 5-a-day**

Cook **225g sliced light halloumi** on a hot griddle pan for 2-3 mins each side to char. Mix **2 tbsp balsamic vinegar**, **½ tsp honey** and **1 tsp olive oil** with some seasoning. Divide a **100g bag rocket** between 4 plates.

Stone **2 peaches** and slice into thin wedges, then scatter over the rocket with the halloumi and a **small handful mint leaves**. Drizzle over the dressing and serve.

PER SERVING (4) 188 kcals, protein 15g, carbs 9g, fat 10g, sat fat 6g, fibre 1g, sugar 8g, salt 1.5g **GF**

Strawberry milk pops



Festive celebrations



Eid al-Fitr is a gathering of family, friends and good food! Put out a scrumptious spread with these easy-to-make traditional Arabic recipes, shared by some of our favourite casual dining eateries. Photographs ANAS CHERUR



A refreshing drink

Pomegranate mocktail

SERVES 4 • PREP 5 MINS • NO COOK

Easy 

40 rocca leaves
60ml fresh lime
4 tbsp pomegranate seeds
3 tsp brown sugar
360ml cranberry juice
4 scoops of crushed ice
20ml fizzy lemon soda
20ml rosewater

1 Place the rocca leaves in a cocktail glass and squeeze lime juice over them. Add the pomegranate seeds and then muddle the rocca, lime juice and brown sugar together. Add crushed ice. Stir in the cranberry juice and top off with the lemon soda and rosewater. Garnish with rocca leaves and pomegranate seeds.
Recipe from Zaroob (04-3276060)

Text and styling by NICOLA MONTIETH | Main photo shot at Lela restaurant | Props from CRATE & BARREL, THE ONE & @HOME

Begin with mezze

Moutabbal Debs El Remen

SERVES 4 ● PREP 15 MINS ● COOK
30-35 MINS **Easy** **V**

820g medium eggplants (around 5)
5g garlic, minced
30ml fresh lemon juice
8g salt
275g labneh
55g tahina
65g spring onions, chopped
35g mint leaves, chopped
FOR THE TOPPING
12g spring onions
40g fried onions
24g pomegranate sauce
28ml olive oil

1 Grill the whole eggplants and place into a big bowl of ice cubes to cool. Peel and remove the stalk and seeds. In a mixing bowl, mash the eggplant flesh, and add the minced garlic, lemon juice, salt, labneh and tahina. Mix all ingredients properly until it reaches a soft texture. Add the spring onions and mint leaves and mix.
2 Serve 300g of the eggplant in each bowl and top with spring onions, fried onions, pomegranate sauce and olive oil.



Sambousek cheese

SERVES 4 ● PREP 7 MINS ● COOK 2
MINS **A little effort**

100ml water
4g salt
4g sugar
28g melted butter
16ml sunflower oil
280g flour

FOR THE CHEESE FILLING
1g spring onions
1g parsley, chopped
240g akawi cheese
120g majdouleh cheese

1 To make the dough, mix the salt and sugar with room temperature water,

ensuring the sugar granules are properly dissolved. Add the butter, sunflower oil and flour. Mix the dough for 5 mins.
2 Roll out the dough with a heavy rolling pin to approximately 2cm thickness. Cut into circles approximately 6.5cm in diameter.
3 Shred the akkawi and majdouleh cheese and add the spring onions and chopped parsley. Mix well and fill half of each dough circle. Fold the dough over the stuffing, and using a fork, press the edges of the folded dough to seal.
4 Deep fry the sambousek in hot oil for 2 mins until golden brown. Drain on a paper towel and serve hot. >>
Recipes from Mezza House (04-4205444)

Tuck into a hearty main

Shish Tawouk

SERVES 4 ● PREP 5 MINS

● COOK 15 MINS ● **Easy**

12 chicken breast cubes (25g each)

4 skewers

French fries, as a side

Garlic paste, as a side

1 red tomato, cut in 4 cubes

1 green capsicum, sliced

Pita bread, as a side

FOR THE SAUCE

3 garlic cloves

Juice of one fresh lemon

120g tomato paste

30g chilli paste

½ tbsp white pepper

2 tbsp coriander powder

1 tbsp cumin powder

6 tbsp corn oil

5g salt

½ tbsp. white vinegar

1 To make the sauce, mince the garlic and mix with the lemon juice. Mix together all the other ingredients, except the oil. Combine both mixtures and blitz in a blender, pouring in the oil slowly while it is mixing.

2 Marinate the chicken breast cubes in the sauce, and refrigerate for 6 hrs. Put each cube on a skewer and grill until the chicken is completely cooked.

3 Grill the sliced tomato and capsicum.

4 Serve the chicken cubes with garlic paste, French fries, pita bread and the grilled tomato and capsicum.

Recipe from Reem Al Bawadi restaurant and café (04-3947444)



Delectable desserts

Knefeh

SERVES 4 ● PREP 1 HR ● COOK 35

MINS **A little effort**

410g phyllo knefeh dough, shredded

2 sticks unsalted butter, melted

230g fresh akawi cheese

500ml whole milk

Crushed pistachios, for garnish

FOR THE SYRUP

250ml water

220g sugar

1 tbsp lemon juice

2 tsp orange blossom water

1 To make the sugar syrup, mix water and sugar well and bring to a boil on medium heat. When it boil, lower heat, add lemon juice and simmer for 10 mins. Remove from heat, add orange blossom water and cool for 30 mins.

2 Preheat the oven to 200C with a tray in the middle section of the oven.

3 In a food processor, pulse the shredded phyllo dough for about a minute. Place the dough in a medium size bowl, add the melted butter and 175g orange blossom

syrup, and stir until the dough is completely coated.

4 In a pie plate or cake pan, add half the dough mixture. Press down on the dough, with your hands as much as possible and set aside. Finely chop the cheese and pulse in a blender until the cheese looks like coarse meal.

5 In a heavy saucepan, heat the milk over medium-high heat until it is hot, but not boiling. Add the cheese and stir to combine. Pour the cheese mixture over the knefeh dough in the pan. Top with remaining dough mixture and smoothen the top. Bake for 35 mins, or until the knefeh is deep golden brown. Remove from the oven and cool for 15 mins. Cut into squares and serve warm, with crushed pistachios on top, and more orange blossom syrup over each piece. **GF**
Recipe from Leila restaurant (04-4483384)

TIP Akawi cheese can be quite salty, but to reduce the saltiness, you can slice the cheese and soak in cold water, changing the water every 10 mins. Do this 2 to 3 times.



FOR THE LOVE OF PIZZA

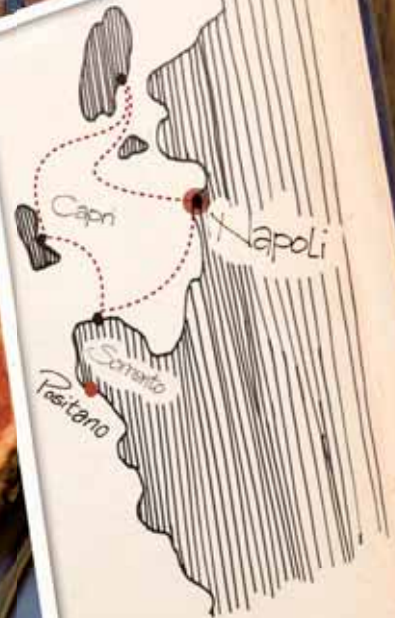
NOW OPEN



All aboard!!!

Four famished friends, a prehistoric skipper and choppy seas. This scenario did not bode well for us. I'd never seen someone turn green before until today, but sea legs or not, nothing was going to keep us from sinking our teeth into the best pizza on the planet!

The old man and the sea



Love at first bite

Some folks go to great lengths to sample authentic coastal Italian cuisine. Who can blame them? No one can resist a homemade tomato base spread over crisp, oven-baked bread topped with aromatic basil leaves and a splash of Italian charm. Fortunately, you don't have to go as far.

Positano is now open at the JW Marriott Marquis Dubai.

PASSIONATELY
ITALIAN

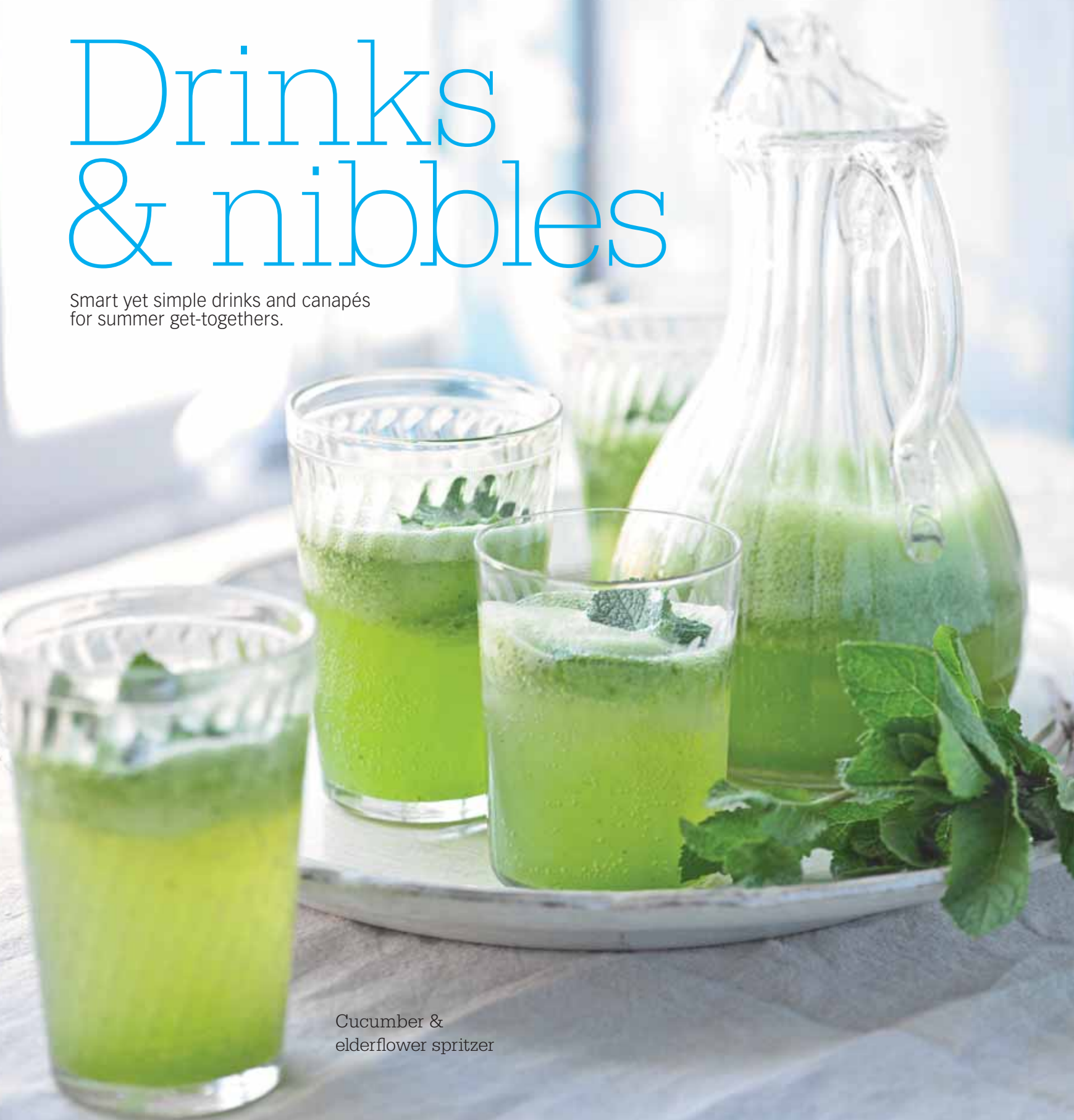
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Drinks & nibbles

Smart yet simple drinks and canapés
for summer get-togethers.



Cucumber &
elderflower spritzer

Cucumber & elderflower spritzer

MAKES 6 GLASSES ● PREP 15 MINS
PLUS CHILLING ● NO COOK  

1 cucumber, ends trimmed
½ bottle white wine
200ml elderflower cordial
Few mint sprigs, leaves picked
Ice cubes, to serve
2l soda water, chilled

1 Chop the cucumber into chunks, then put in a blender or food processor with the wine and elderflower cordial. Whizz until well blended, then pour through a sieve set over a large bowl or jug. Tip the contents of the sieve back into the machine, whizz again until pulpy, then sieve again into the liquid already collected. Add 1-2 tbsp of the cucumber pulp from the sieve into the liquid and discard the rest. Chill until ready to serve.

2 To serve, fill glasses with a few ice cubes and some mint leaves. Pour in enough cucumber base to come halfway up the glasses, then top up with soda water.

Skip the wine to make a non-alcoholic version.

PER SERVING 122 kcals, protein 1g, carbs 21g, fat none, sat fat none, fibre none, sugar 21g, salt 0.19g

Ginger lemon fizz

MAKES 500ML SYRUP ● PREP 5 MINS
● COOK 5 MINS  

50g fresh root ginger, roughly chopped

300g caster sugar

2 lemons, sliced, plus extra to serve
Sparkling water, to serve

1 Place the ginger, sugar and lemon slices in a pan. Bring to the boil and cook until the sugar dissolves. Take off the heat, leave to cool, then press through a sieve. *You can store the syrup in the fridge for up to 1 week.*

2 To serve, pour into a pitcher and top up with sparkling water and extra lemon slices.

PER TBSP SYRUP 25 kcals, protein none, carbs 6g, fat none, sat fat none, fibre none, sugar 7g, no salt >>



Ginger lemon fizz



Creamy goat's cheese with chives & pomegranate

SERVES 6 • PREP 10 MINS • NO COOK

Easy  

150g pack soft rindless goat's cheese
250g tub ricotta
½ small bunch chives, snipped
50g pomegranate seeds, from a tub
1 tbsp clear honey
2 tsp vinegar
Loaf of crusty bread, to serve

1 Mash the cheeses together in a bowl, then use a spatula to roughly spread over a large plate. Scatter with the chives and pomegranate seeds, and set aside until ready to serve.

2 Stir together the honey and vinegar, and drizzle over the plate just before serving. Enjoy with crusty bread.

PER SERVING 228 kcals, protein 12g, carbs 24g, fat 10g, sat fat 6g, fibre 3g, sugar 5g, salt 0.98g



Tasty little morsels

Teriyaki beef & lettuce cups

SERVES 6 • PREP 10 MINS PLUS

MARINATING • COOK 5 MINS  


350g trimmed sirloin steak
2 tbsp teriyaki marinade
½ cucumber, roughly diced
2 tbsp roughly chopped coriander
Juice of ½ lime
6 Little Gem lettuce leaves
1 red chilli, deseeded and thinly sliced
½ red onion, thinly sliced

1 Put the steak between 2 sheets of cling film and beat with a rolling pin

until half its original thickness. Thinly slice the steak, put in a bowl, add the marinade and mix to coat. Leave to marinate for 5-10 mins. Put the cucumber, coriander and lime juice in a separate bowl, season with a little salt, and mix to combine.

2 Heat a frying pan until very hot, then fry the steak for 1½-2½ mins for rare to medium, turning the slices halfway through.

3 To assemble, pile the cucumber mixture into the lettuce leaves and top with the seared teriyaki beef, chilli and red onion.

PER SERVING 137 kcals, protein 13g, carbs 4g, fat 8g, sat fat 3g, fibre 1g, sugar 4g, salt 0.5g 

Das ist *Fantastisch!*



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Kids in the kitchen

Keep children busy during the holidays, while encouraging a love of cooking from an early age, with these little chef-friendly recipes.

Cool food for hot days

Peach Melba smoothie

SERVES 2 • PREP 5 MINS • NO COOK

Easy  Low fat  Vit C  2 of 5-a-day

410g can peach halves, drained and rinsed

100g frozen raspberries, plus a few extra, to serve



100ml orange juice

150ml fresh custard

Ask an adult to place the peach halves in a blender with the frozen raspberries. Add the orange juice and most of the fresh custard and whizz together. Pour over ice, garnish with a spoonful of custard and a few raspberries. Best served chilled.

PER SERVING 159 kcals, protein 4g, carbs 30g, fat 2g, sat fat none, fibre 3g, sugar 29g, salt 0.1g

Cheese roll-ups

MAKES 6 • PREP 30 MINS • COOK 25 MINS  

200g self-raising flour, plus extra for dusting

50g butter, softened

1 tsp paprika

100ml-125ml milk

50g vegetarian cheddar, grated

1 Heat oven to 220C/200C fan. Put the flour and butter in a bowl and rub them together with your fingers (pic 1).

Rubbing in the mixture with cold butter is hard and tiring on young fingers, so use softened butter – but not so soft that it's oily. Stir in the paprika and mix again.

2 Add 100ml milk and mix with a fork until you get a soft dough. Add a splash more milk if the dough is dry. *This will teach young cooks how to feel the dough and decide if it needs more liquid. You can always add more milk if required.*

3 On a lightly floured surface, roll out the dough to about 0.5cm thick (pic 2). Try to keep a rectangular shape. Only roll in one direction, and roll and turn, roll and turn. By keeping the dough moving, you avoid finding it stuck at the end.

4 Sprinkle the grated cheese on top, then roll up like a sausage along the long side (pic 3). Cut into 12 thick rings using a table knife (pic 4). Hold the dough with one hand and cut straight through with the other.

5 Line a baking tray with baking parchment. Place the roll-ups on the parchment, cut-side down, almost touching each other, making sure that you can see the spiral. Ask an adult to put them in the oven and bake for 20-25 mins until golden and melty. Get an adult to remove them from the oven, then leave to cool. *The cheese roll-ups will keep for up to 3 days in an airtight container.*

PER ROLL-UP 218 kcals, protein 6g, carbs 25g, fat 11g, sat fat 6g, fibre 1g, sugar 1g, salt 0.6g >>



Perfect as a savoury snack



Spaghetti nests

MAKES 6 ● PREP 10 MINS ● COOK 30

MINS **Easy**  Good for you

Little butter or oil, for the tin

140g spaghetti

6 tsp tomato pasta sauce

6 medium eggs

6 basil leaves

1 Heat oven to 200C/180C fan. Butter 6 holes of a muffin tin with butter or oil. With the help of an adult, cook the spaghetti following the pack instructions, then cool under cold running water and drain. Divide most of the spaghetti between the 6 holes, creating nest shapes. Top with tomato sauce, then crack an egg on top of each.

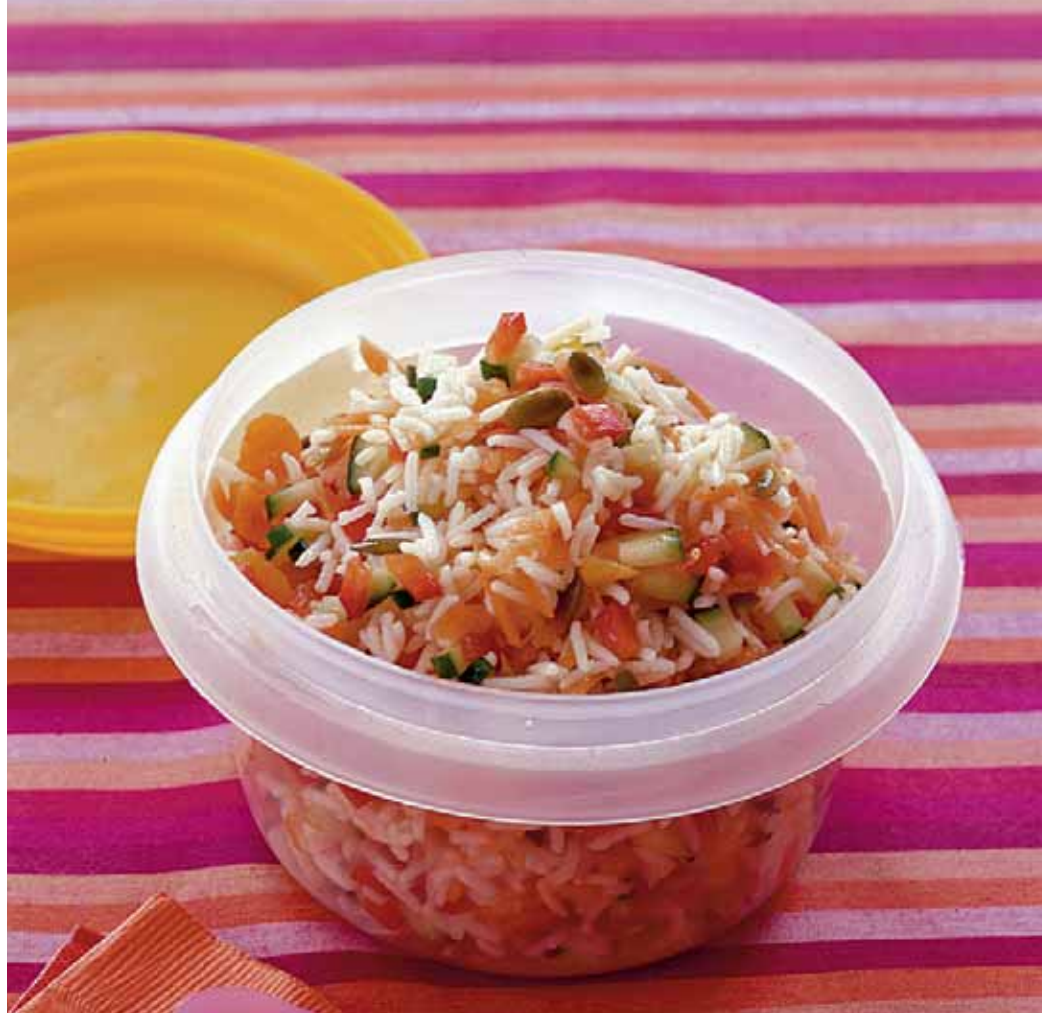
2 Wrap the remaining spaghetti around the egg yolks and gently tap

the tin to allow the egg whites to seep through the spaghetti. Ask an adult to put the tin in the oven and bake for 20 mins until the egg whites are set and the yolk a little runny. Get an adult to take it out, then carefully remove the nests with a blunt knife and serve, topped with basil leaves.

PER NEST 131 kcals, protein 8g, carbs 12g, fat 6g, sat fat 2g, fibre 1g, sugar 1g, salt 0.2g



Even the littlest chefs will enjoy helping to assemble these



Rainbow rice

SERVES 2 BIG KIDS OR 4 SMALL
PREP 10 MINS COOK 20 MINS

Easy Heart healthy Vit C 1 of 5-a-day

100g basmati, long grain or brown rice
1 small red pepper, deseeded and finely chopped
½ cucumber, deseeded and finely chopped
1 large carrot, grated
6 dried apricots, chopped
2 tbsp toasted pumpkin or sunflower seeds
2 tbsp olive oil
Juice of ½ orange

With the help of an adult, cook the rice. Drain, rinse and drain again. Mix with the red pepper, grated carrot, cucumber, chopped dried apricots and seeds. Drizzle over the olive oil and orange juice, and serve.

PER SERVING (2) 450 kcals, protein 10g, carbs 64g, fat 19g, sat fat 3g, fibre 6g, added sugar none, salt 0.07g

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Learn to: Make flaxseed bread



This flavoured loaf is perfect for healthy sandwiches and gourmet breakfasts. Don

Navindra, head chef from ApiCae Bakery, shows us how easy it is to prepare your own bread at home.

Photographs ANAS CHERUR



Flaxseed bread with tomato, garlic and basil

MAKES 4 LOAVES ● PREP 1 HR 20 MINS

● COOK 20-25 MINS ❄️ V

134g cherry tomatoes**26 cloves of garlic****Large bunch of fresh basil leaves****A little extra-virgin olive oil****White or maize flour for dusting****FOR THE DOUGH****666g strong bread flour****26g coarse semolina****425ml water****20g yeast****13g salt****65g good-quality extra virgin olive oil****8g flaxseeds**

1 Preheat the oven to 250C. With your hands or using the dough attachment on your food processor, mix together the bread flour, semolina, water and yeast. Then add the salt and olive oil, continue mixing, and add the flaxseeds. Set aside to rest for around 1 hr, until the dough rises.

2 Flour your work surface. Turn the rested dough onto the work surface so that the sticky underside is on top. Sprinkle a little flour onto the dough and then using your fingertips, spread it out gently. Take off excess flour from the dough.

3 Heat olive oil in a pan, and sauté the tomatoes and garlic.

4 Add a few basil leaves to the dough, and add the tomato and garlic mixture on top carefully.

5 Fold one side of the dough over the tomato and garlic mixture, and then the other half of the dough, so that it looks like a loaf. Press dough gently on top with your fingertips, to work the additional ingredients.

6 Make a small opening on top to let the vegetables be seen.

7 Remove the bread from the working surface and place on a lightly oiled baking tray. Turn the heat down to 220C and bake for 20-25 mins until golden brown. Remove and transfer to a wire rack to cool. Brush with a little extra virgin olive oil and serve warm.

HOW TO FREEZE To freeze the loaves, bake for just 15mins and cool for at least 1 hr. Wrap well in freezer bags. When ready to use, bake at 180C for 12-15mins if frozen or 8-10 mins if defrosted.



1 Lay the dough out on a surface, and spread evenly with your fingertips to form a 35 x 25cm rectangle.



2 Lift the dough and shake to remove excess flour, by moving it up and down carefully.



3 Spoon the tomato and garlic mixture onto the centre of the dough, making sure to leave space around all the edges.



4 Gently fold the dough half way through, from one end, and then repeat the step with the other end of the bread.



5 Using a bread knife, make a slit on top.



6 When removing the loaf from the work surface, make sure to lift it up carefully and sprinkle flour beneath it while doing so. This keeps the dough from tearing or getting stuck to the surface. [Gf](#)


Sensational summer puddings

From refreshing sorbets and ice creams, to sweet seasonal berries, it's hard to beat a delicious fruity dessert, when it's hot outside!

Recipes SARAH COOK Photographs MYLES NEW

Gooseberry cream
& elderflower jelly

Gooseberry cream & elderflower jelly pots

MAKES 6 ● PREP 10 MINS PLUS CHILLING ● COOK 15 MINS **Easy** 

Gooseberries are one of the most underused of summer berries, but this glamorous dessert gives them the treatment they deserve!

300g green gooseberries, topped and tailed

100g caster sugar

600ml double cream

2 gelatine leaves

100ml elderflower cordial

Nice biscuits, like shortbread, to serve (optional)

1 Put the gooseberries in a frying pan with 25g of the caster sugar and gently heat until tender, but not pulpy.

2 Put the cream and remaining sugar into a small pan, bring to the boil, then simmer for 3 mins. Take off the heat and stir in the gooseberries and any pan juices. Divide the mix between 6 glasses and put in the fridge until they firm up – this will take about 2 hrs.


3 To make the elderflower jelly, soak the gelatine in a little water. Warm the cordial in a small pan – when you see it steaming, remove from the heat. Squeeze the gelatine leaves to remove the excess water, then stir into the hot cordial until they are completely melted. Add 100ml cold water, then transfer to a small jug.

4 Carefully pour a layer of the jelly mix on top of each glass of gooseberry cream – get the jug as close as possible so you don't disturb the cream. Transfer the little pots to the fridge and chill for at least 3 hrs or until the jelly is set. Serve with biscuits, if you like.

PER SERVING 616 kJ, protein 4g, carbs 31g, fat 54g, sat fat 30g, fibre 1g, sugar 31g, salt 0.08g



Iced trifle slice

SERVES 6-8 ● PREP 20 MINS PLUS FREEZING ● NO COOK **Easy** 

2 tbsp toasted flaked almonds

100ml condensed milk

300ml double cream

1½ tbsp Sherry

1 tsp vanilla paste or extract

Few drops of yellow food colouring

1 sheet gelatine

400g raspberries

3 tbsp icing sugar

12 sponge trifle fingers

1 Line a 900g loaf tin well with cling film, then scatter over the almonds (if you oil the tin before lining with film, it'll help it keep in place smoothly).

2 Divide the condensed milk and double cream evenly between 2 bowls. Add the Sherry to one, and the vanilla paste and food colouring, if using, to the other. Pop the vanilla bowl in the fridge for later, then whisk the Sherry mixture until thick.

3 Spoon the Sherry cream on top of the almonds and smooth the surface to level. Cover the tin with cling film,

then freeze for about 1 hr until firm.

4 Whisk the vanilla cream until thick, then spoon over the frozen Sherry cream layer. Make this layer as smooth as possible too, then put back into the freezer for another hr until firm.

5 To make the raspberry layer, soak the gelatine in a little cold water while you whizz half the raspberries in a food processor with the icing sugar and 2 tbsp water. Sieve into a small pan and heat gently to warm through. Once it starts to boil, remove from the heat, squeeze out the gelatine and add to the purée, stirring all the time, until the gelatine melts.

6 Crush half the remaining raspberries with a fork, then stir these into the purée with remaining whole raspberries and allow to cool. Spoon the raspberry mix evenly on top of the vanilla layer, press the sponge fingers lightly into it, then freeze until solid – overnight is best.

7 Remove the trifle from the freezer about 15 mins before serving. Tip the loaf tin upside down on a serving plate, then peel off the cling film and cut into neat slices using a sharp knife.

PER SERVING (6) 397 kJ, protein 5g, carbs 27g, fat 31g, sat fat 16g, fibre 2g, sugar 24g, salt 0.12g >>



Worthy of a
posh restaurant
– but really easy

Pistachio friands with chocolate ice cream

MAKES 8 • PREP 10 MINS •
COOK 20 MINS **A little effort**

**500g tub really good chocolate
ice cream**

**Few chunks of white chocolate,
finely chopped (optional)**

FOR THE FRIANDS

200g butter

**100g pistachios, plus a few
extra to serve**

200g icing sugar

85g ground almonds

85g plain flour
5 large egg whites

1 Heat oven to 200C/180C fan for the friands. Melt the butter in a small pan, then remove from the heat and leave to cool a little. Grease 8 holes of a friand (or muffin) tin with a little bit of the butter.

2 Whizz 85g of the pistachios with the icing sugar until very finely chopped. Tip into a bowl with the ground almonds and flour. Roughly chop the remaining pistachios and set aside.

3 Froth the egg whites with a fork, then pour into the ground nuts and

flour mixture with the melted butter and mix well. Pour into the friand tins, then scatter with the chopped pistachios and bake for 15-20 mins until the friands are risen, springy to the touch and a skewer inserted comes out clean.

4 Serve the friands warm, or at room temperature, with a scoop of chocolate ice cream, topped with a scattering of extra pistachios and a little chopped white chocolate, if you like. Delicious with a cup of coffee.

PER SERVING 579 kcals, protein 10g, carbs 49g, fat 40g, sat fat 18g, fibre 2g, sugar 38g, salt 0.51g

Summer berry pieSERVES 6-8 • PREP 10 MINS PLUS
CHILLING • COOK 1 HR **Easy** ❄️*The polka dots aren't strictly necessary, but add a certain oomph to the dish.*

350g plain flour
 250g butter, diced
 140g icing sugar, plus 2 tbsp extra
 100g ground almonds
 Zest of 1 orange, plus a squeeze
 of juice
 1 large egg, separated
 750g mix of cherries (stoned
 if you have a stoner, or halved and
 stoned), blueberries, blackcurrants,
 redcurrants and blackberries
 2 tbsp cornflour
 Granulated sugar, for sprinkling

1 Put the flour, butter, icing sugar, ground almonds and zest in a food processor and whizz to crumbs. Mix the yolk with 1 tbsp cold water, then add to the processor and pulse until the dough comes together.

2 Split the pastry in half, wrap in cling film, then chill for 30 mins.

3 Heat oven to 190C/170C fan. Line a 20cm pie dish with half the pastry, add a sheet of greaseproof paper and baking beans and bake blind for 30 mins. Remove the paper and beans. Mix the berries and cornflour with the extra 2 tbsp icing sugar and a squeeze of orange juice, then pile into the pie base.

4 Roll out the remaining pastry until big enough to cover the pie with a slight overlap. Whisk the egg white with a fork,

then brush a little around the pastry rim. Carefully lift on the pastry lid, trim the edges and press with fork prongs to seal. Use a 2cm cutter, the large end of a piping nozzle or a bottle top to stamp out a few pastry polka dots – discarding the pastry circles you stamp out. Brush all over with more egg white, then sprinkle generously with granulated sugar and bake for 30 mins until golden and the syrupy fruit has started to bubble out of the polka dots.

5 Allow the pie to cool for a few mins before serving hot, or warm or at room temperature, with a dollop of clotted cream, ice cream or drizzle of single cream, if you like.

PER SERVING (6) 800 kcals, protein 12g, carbs 92g, fat 46g, sat fat 23g, fibre 6g, sugar 43g, salt 0.57g

Just add cream!



The London Dairy dessert series

#8 Fruity flavours

Let Frenchman Jérémy Grovalet, head pastry chef from The W Doha, show you how to give the classic French dessert Sable a fresh twist, by pairing it with exotic fruits and a fruity, custard flavoured ice cream.

Brittany Sable with passion fruit cream and fruits and cream ice cream

SERVES 4

1 egg yolk
45g caster sugar
50g softened butter
70g flour
5g baking powder
1g salt

Mango, papaya, kiwi, dragon fruit, for garnish

FOR THE PASSION FRUIT CREAM

130g passion fruit pulp
40g egg yolk
50g whole eggs
40g caster sugar
10g corn flour
50g butter

FOR THE MANGO COULIS

½ a vanilla bean
200g mango pulp
25g sugar

1 Whisk the egg yolks and the caster sugar until white, add the soft butter and mix. Add the flour, baking powder and salt, don't overmix. Take an 8cm ring or cookie cutter, grease the inside with butter and pipe 45g of the sable mixture. Flatten with a spoon, and bake at 180C for 10 mins.

2 Mix all the passion fruit cream ingredients, except the butter, and bring to a boil in a saucepan. Stir continuously, and once it boils, take off the heat and add the butter. Blend the mixture and refrigerate for around 2 hrs until it becomes cold and thickens.

3 To make the mango coulis, remove the seeds from the vanilla bean and add it to the mango pulp and sugar. Bring to a boil for 1 min, then refrigerate until cold.

4 Place the Sable on a plate, pipe the passion fruit cream on top, and garnish with sliced fresh fruit. Add a drizzle of the mango coulis on the side and serve with a scoop of fruits and cream ice cream.

**Next month,
look out for the recipe with
Raspberry Sorbet**



MEET THE CHEF



Born and brought up in France, chef Jérémie Grovalet believes in gaining experience on the job, to climb up the ranks, and this is exactly what he has done. He began his career in food with an apprenticeship in 1998 at a traiteur in Versailles, and has since worked at hotels, bakeries and catering companies in Paris, Sydney and Morocco, before joining The W Doha as head pastry chef, earlier in 2013.

CHEF'S TIP:

"Use ripe mangoes for the coulis, as they give a better flavour and texture when mixed with the sugar and vanilla bean seeds."

Two other ways to enjoy London Dairy's Fruits and Cream ice cream:



Serve with caramel popcorn.



Enjoy with mango cubes and crushed cardamom powder.



The W Doha Hotel & Residences



To see a step-by-step video for this recipe, visit youtube.com/bbcgoodfoodme or facebook.com/LondonDairy, or you could simply scan the QR code with your smartphone.



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- * Easy Eid escapes, **P74**

3's a trend: BRAZILIAN RESTAURANTS



We take a look at some of the most interesting foodie trends in town.

If 2009 was the year of Japanese lounge restaurants in Dubai, and 2011, that of Argentinian, then 2012-2013 definitely seems to be that of the Brazilian. With Latin American cuisine being all the rage around the world at the moment, the Brazilian churrascaria experience in particular, seems to be hotter than the grills the meats are cooked on, in Dubai. Typified by a variety of different cuts of meat carved at the table by the chefs straight from the kitchens, and a red/green signal system to indicate when you're ready for more helpings, the meat fest that is a churrasco meal is as much about the food as it is about the sheer drama and flair. With several leading hotels in Dubai having opened up restaurants, and another one on the way – Crowne Plaza Dubai is set to open Chamas restaurant & Bar, an authentic Brazilian eatery, at the end of summer – the trend looks set to stay in this city.

Fogueira, Ramada Plaza Jumeirah Beach Residence

The restaurant may not be the most traditional when it comes to décor, with a nod to Brazil offered only in the green and yellow napkins, but it offers authentic flavours. A live Cuban band makes you want to get up and dance, but stay put as you will undoubtedly have a long, but tasty evening. Start with the tuna salad, ceviche and palm heart salad from the salad buffet, before savouring fried banana, freshly baked cheese bread and coxinha served at the table. Brazilian cocktails are also offered, which you can sip before turning the card on your table to the green side, to signal the waiter to start serving you. There are 15 cuts of meat in total, ranging from beef cubes with bacon, lamb legs, chicken wings, and rib eye steak – all marinated with rock salt. The churrasco also includes a palate-cleansing caramelised pineapple and meats with garlic paste. Sides such as rice, polenta, mashed potatoes and black beans are also available at the buffet. While it may be hard to find space for dessert, if you do think you can squeeze in a nibble, try the Brigadeiro, a divine chocolate truffle.

Call 04-4398888.

Frevo, Fairmont the Palm Dubai

Getting to the hotel can prove to be a bit of a treasure hunt, with no helpful signage on the roads, but the pot of gold at the end is definitely worth the trek! With a cheery yellow colour scheme and a signature motif of dancing figurines on the logo that is echoed throughout the décor, and a Colombian live band providing the entertainment, Frevo manages to recreate a small slice of Brazil even before you start eating. The bread basket includes the traditional cheese bread, and before you hit the salad bar, a steaming pot of soup is brought to the table. A variety of salads are on offer at the buffet, from classic green salads, to a delicious quinoa and broccoli version. Don't let that fill you up, as then the 'attack on your table from the chefs' will begin, once you turn the table's signal light to green. The meats, from tender chicken thighs, to sizzling sirloins and flavourful lamb chops, come thick and fast, so don't forget to turn the light to red periodically. After working your way through the 13 cuts of meat (eight of them beef), and tasty sides such as biro biro fried rice, chimichurri sauce and a hot pepper sauce, you may not have room left for dessert – but the Macae chocolate cake with chocolate ice cream is delicious. If for nothing else, order dessert simply to be able to see the innovative menu emblazoned onto a frying pan; if you want the theatrics to continue, the fruits flambéed at the table are also worth trying.

Call 04-4573457.



Fogo Vivo, JA Ocean View Hotel

Perched towards the end of Jumeirah Beach Residence, Fogo Vivo, which translates to 'living fire' in Portuguese, exudes a lively energy, with the Brazilian live band, friendly passadores dressed in flame orange, and bright orange lanterns adding a pop of colour. A whiff of grilled meats hits you upon arrival, and the selection of over 20 salads will instantly whet your appetite. Try the wild rice, tropical shrimp salad, quinoa, and cheese and cold cuts from the salad bar. Once at the table, flip the wooden timer-style accessory to the green side to signal the waiter to serve unlimited cuts of meat, one after the other. Excitement builds up as you wait for the passadore to stop by with lamb, chicken wrapped with turkey bacon and succulent slices of picanha and fillet mignon, cooked to perfection. Polenta chips, rice, black beans, seasoned ground tapioca, and pineapple and orange slices are served as sides. End your meat session with caramelised pineapple in cinnamon and sugar, and work up an appetite for desserts, as you won't be able to refuse the treats that beckon you from the dessert trolley. Since you can only choose two, we recommend the caramel roll and lemon cheesecake which are outrageously decadent.

Call 04-8145599.





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at the Radisson Blu Hotel, Dubai Media City

10 ways to stay hydrated

Nicola Monteath asks the experts to share smart tips for staying hydrated, when the temperatures are soaring.

Now that the weather is at its hottest, it's never been more important to combat the dangerous side-effects of a desert summer. Water makes up more than half of our body's weight, and our cells, tissues and organs need to be hydrated to function optimally. Even if you think you're spending all your time indoors, dehydration and its associated health risks could be just one glass of water away. In the summer, simply drinking the recommended eight glasses of water a day may not be enough. Here are some easy-to-follow ideas for upping your game when it comes to staying hydrated, from nutrition experts:

1 Add a dose of chlorophyll
This essential component found in plants is identical to haemoglobin and helps keep you hydrated, as it retains the water you drink so that you can fully benefit from it. "Drinking water promotes the synthesis of haemoglobin, which facilitates the transport of oxygen and water throughout your bloodstream to each and every cell of your body," says Kaya Peters, whole food nutritionist and founder of Kayapeters.com (a holistic lifestyle and nutrition website). Adding a few drops of chlorophyll (available at Nutrition Zone) to water helps in rebuilding cells, replenish red blood cell levels, and increase energy. Helena Jane Brown, diet and lifestyle coach (helenajanebrown.com) advises deriving chlorophyll from foods such as spinach, broccoli, alfalfa sprouts and kale.

2 Avoid diuretic drinks
Lay off the alcohol and caffeine, as it can leave you feeling parched, lethargic and dehydrated. If you need a hot drink, opt for herbal teas such as green or chamomile tea as they are packed with antioxidants and nutrients. Shrin Janoos, Dietician at Health Factory, recommends drinking unsweetened green tea as it gives you a caffeine boost while contributing to the water intake quota of the day.

3 Get an electrolyte boost
Found in energy and sports drinks, electrolytes are minerals which break into small electrically charged particles when dissolved in water, and help regulate the body's fluids while maintaining a healthy blood pH balance. The

free ions in electrolytes contain sodium, potassium, calcium, magnesium, chloride and hydrogen phosphate and carbonate which are vital for body processes such as hydration. Kaya suggests drinking a sugar-free energy or sports drink as it compensates for the loss of electrolytes which occur when you sweat a lot during summer. If you prefer a natural alternative, Helena recommends adding "a pinch of sea salt to a glass of water and drink it slowly, or combine the juice of ½ a lemon and lime, a whole orange, ¼ teaspoon sea salt and filtered water, as these are all great electrolyte replacements".

4 Drink your fruit
Coconut water is packed with minerals, vitamins, amino acids and electrolytes which promote health benefits and hydration. "This natural energy drink acts as an oral rehydration medium, and being a natural isotonic beverage, hydrates perfectly as it has the exact proportion of electrolytes as human cells and plasma," says Shirin. Try to drink coconut water fresh, straight from a young coconut, or if choosing bottled or packaged drinks, opt for those low in sugar.

5 Swap regular water for alkaline
Known as ionised water, this water transports minerals more rapidly and efficiently through the body as opposed to tap or bottled water. This is because alkaline water contains four to six water molecules, whereas tap water contains ten to thirteen water molecules. "It is an efficient fluid for hydration and detoxification of the body," says Kaya. Make alkaline water by using an alkaline stick or ioniser (available at alkalineliving.me).





6 Remind yourself

If you forget to drink water as often as you should, set an alarm or reminder on your phone every hour. This should prompt you to immediately drink a glass, or refill the bottle on your desk. You could also keep a large bottle of water besides you, and make a mark on it with a time goal, to ensure you drink until that level by the particular time indicated.

7 Don't stop sipping

Carry a bottle of water at all times, and make sure to drink around ten glasses a day. "Drink a full glass of water first thing in the morning before breakfast, and 15 minutes before each meal," suggests Helena.

8 Eat water-based foods

Watermelon, grapes, papaya, oranges, berries, apples, tomatoes and lettuce, all have a high water content, and contribute to your daily water intake, while keeping you hydrated. Include soups in your diet as they are easy to digest, but make sure to choose low-salt varieties. Other ways to eat your way to hydration can include chopped tomatoes with salt and pepper as a snack, berries added to a fruit salad, or lettuce with a herb dip.




9 Reduce salt intake

Increased levels of sodium can dehydrate you, as excess salt causes fluid retention in the body, and makes high water concentrations appear lower – causing water to flow out of the cells and into the bloodstream. So make

sure you stay away from the salt shaker and season dishes with herbs instead.

10 Give aqua a flavour boost

Add a slice of lemon, lime or a couple of basil leaves to intensify the taste of water, without adding extra calories. Akram Osma, nutritionist at Al Das Medical Clinic, also suggests adding herbs such as spearmint, peppermint, sage, or lemon balm to make water more nutritious and cooling. 



TRIED & TESTED

Take the juicy road to hydration by trying out one of these juice diets from Essentially:

Essentially Revitalisation juice cleanse:

On the lookout for a healthy way to detox, I opted for a beginners cleanse that isn't extremely intense, but still detoxes the body efficiently. The three-day cleanse consisted of six 100 per cent raw and organic fruit and vegetable juices, which were meant to be meal replacements, to be consumed every two hours. The juices were delivered on the first day right to my door. My cleanse began with a refreshing Green juice (celery, cucumber, celery, apple, spinach, parsley, lemon and ginger) which was juice number one and three for the day; a fruity P.A.M (pineapple, apple and mint); Spicy lemonade (lemon, water, agave and cayenne); sweet and detoxifying Red roots (beetroot, carrot, apple, orange, celery and ginger); and a delightfully palatable Cashew milk (water, cashew, agave, coconut butter, vanilla, sea salt) which was the last juice of the day. Although I didn't have severe hunger pangs at any point, I often felt the need to munch on something, and ate a few sliced cucumbers (one of the few foods allowed on the cleanse, apart from celery and avocado). By the end of the cleanse, I felt lighter and more energetic, although I didn't lose any weight.



- Nicola Monteath



Essentially Work Hard Play Hard supplement package:

As someone who diligently pops multi-vits and fish oils in, I was looking forward to getting my nutritional supplementation from some delicious juice – which I enjoy anyways. The juices, made using a hydraulic press – which is meant to preserve nutrients, live enzymes, and flavour of the fruit and veg better than traditional juicing – arrived the evening before I was meant to start, neatly packaged in individual bottles. I had four juices per day (which I could drink at any time) including their signature Green juice (packed with goodness); Orange roots (carrot, apple, orange); P.A.M (same as the one on the cleanse package); and a detoxifying GFA (Grapefruit, fennel, apple). Although the juices weren't meant to replace my normal diet, they were not only delicious, but surprisingly filling, so I found myself eating less – one bottle completely replaced my regular breakfast, for example. Being off my normal supplements during this three-day period didn't have any negative effect, and I felt my energy levels and overall wellbeing improving, as well as my skin condition.

- Sudeshna Ghosh

The Revitalisation Cleanse costs Dhs897, and the Supplement package costs Dhs199. Deliveries will recommence after the summer on September 7, with new juices being launched too. essentially.ae.

kipling 



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Summer cookin'!

If you're looking for an interesting way to keep the kids occupied over the holidays, why not ignite or fuel a passion for cooking by enrolling them for a foodie summer camp from this list?

School's out, the kids are bored, and you have run out of ways to keep them entertained – sound familiar? When a summer camp with face painting and playtime just won't cut it anymore, and you want your kids to learn a new skill and grow while having fun over the holidays, a cooking-themed summer camp might be just the solution. With more and more children developing an interest in food at a young age, there's no better way to 'edu-tain' them in a creative manner. Here are some options to choose from:

• **School of Culinary & Finishing Arts (SCAFA):** The state-of-the-art cooking school is holding Mini-Master Chef children's classes on Saturday afternoons, where kids will be taught a variety of cooking skills, plus lessons on hygiene and etiquette. The classes are themed according to different categories such as Breakfast; Baking and Pastry; Chocolate; Soups & Salads and so on, and include both recipes, as well as training on cooking techniques. The hands-on classes end with everyone sitting down to eat what they have cooked.

Suitable for children aged 8-15, Dhs225 per class or Dhs1,050 for a six-class package. Call 04-3794044.

• **Al Tamimi Stables:** This farm-style destination provides not only a stimulating environment for kids, but at their Summer Holiday Camp at the Activity Centre, children can also be engaged in a range of creative activities from arts and crafts to cooking, where they learn to prepare a snack for themselves in the cooking studio, rustling up everything from salads and fruity desserts to mini pizzas and cookies. They also get to enjoy guided tours around the farm to meet the animals. *Suitable for children aged 6-12, timings are 3pm-7pm. Three-day camp costs Dhs390, and five-day camp is Dhs490, including snacks and refreshments. Sibling discounts offered. Valid until August 31 (excluding Ramadan). Call 06-7431122.*

• **Atlantis Kids Club:** The Atlantis Dubai is building on its Masterchef association (Masterchef Australia shot a section of their latest series here recently) with their Mini Master Chef camps. The five-day camps include an eclectic variety of

experiences, getting the kids started with chef hat and apron decoration, bagel creation, and marshmallow towers, combined with a visit to Aquaventure. Through the rest of the week, lessons cover all sorts of child-friendly food preparation, from crepes and fruit kebabs, to pasta craft; banana splits; burgers; popsicles; tacos and tortillas, with Aquaventure breaks in between, each day, and a graduation ceremony at the end.

Suitable for children aged 3-12, camp dates are from August 11-15, and September 1-5. Dhs1,950 per child, call 04-4261295.

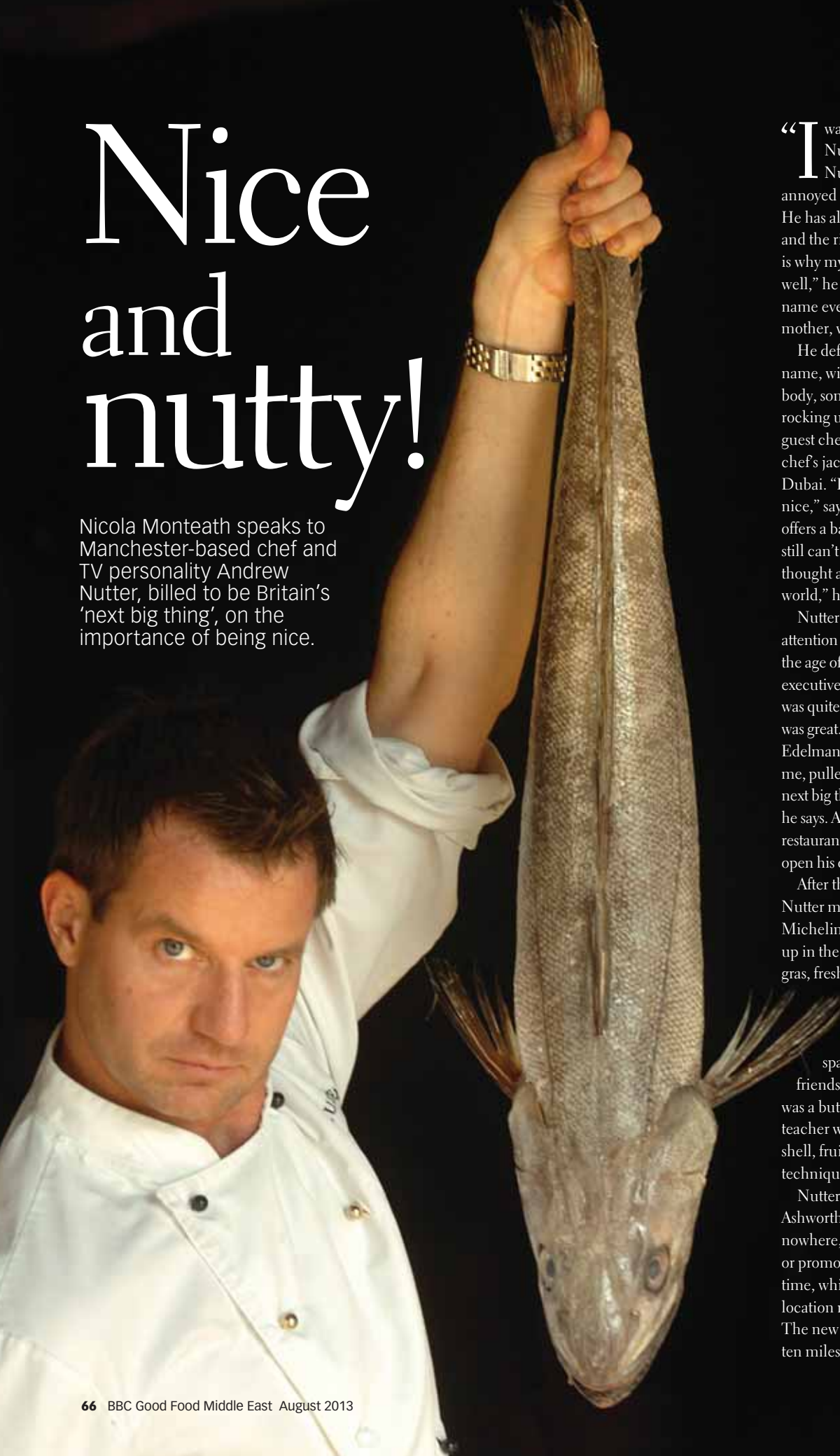
• **Funky Monkeys Playland:** This entertainment centre is offering cooking classes in partnership with Pizza Express, where children learn about food from diverse cultures, ingredients and their journey from plant to plate, and nutrition. The daily ten-class terms allow them to build a menu over each class, and each participant gets a recipe book and certificate at the end. Over the summer, they are also offering a Funky Summer Camp which includes interactive activities such as dancing, arts and crafts, as well as cooking classes. *Mini Funky Chefs programme is for children aged 4-6, while Cooksperts is for children aged 7-12, Sunday-Wednesday, Dhs800 per head. The Summer Camp is priced at Dhs500, and runs from Sunday-Thursday until August 29. Call 04-3884114.*

• **Little Chefs:** A children's cookery community, Little Chefs is holding week-long summer camps where children can not only cook a variety of international recipes, but also learn about nutrition and healthy eating, kitchen safety and hygiene, and the importance of eating fresh, natural food, with a field trip to a local food producer each week. The camp includes lunch and snacks, and kids get to take an apron and recipe book home. *Suitable for children aged 7 and above, Dhs800 per week. Call 050-4583015 or email littlechefsdxb@gmail.com.*

• **Al Raha Beach Hotel:** Sign the kids up for a summer camp which includes Little Chef cooking and baking lessons, apart from a variety of activities including swimming, sports, arts and craft, dance and music, and dish gardening (planting in a kitchen/tableware container). The cooking classes cover pizza-making – which the kids learn to make from scratch, including the dough, and then enjoy as a snack – as well as pastry-making, where participants are taught recipes for Harlequin cookies. *Suitable for children aged 5-12, Sunday-Thursday 9:30am-2:30pm. Dhs150 per day, or Dhs650 for the week. Call 02-5080486.*

Nice and nutty!

Nicola Monteath speaks to Manchester-based chef and TV personality Andrew Nutter, billed to be Britain's 'next big thing', on the importance of being nice.



I was always teased in school, with a name like Nutter, how could you not be?" says Andrew Nutter, who doesn't sound even a bit annoyed about being teased when he was younger. He has always had a fondness for his family name and the ring it has to it. "It's me, my identity, which is why my restaurant and books have the name as well," he says, requesting me to call him Nutter, a name everyone calls him by – other than his mother, who calls him Andrew.

He definitely plays up to the quirkiness of his name, with not a formal or strait-laced bone in his body, something I gathered when I saw him rocking up to his interview, on a recent visit as a guest chef at Cavalli Club Dubai, in a Union Jack chef's jacket that was custom-made by a fan in Dubai. "I love it when people are unexpectedly nice," says the fun-loving, humorous chef, who offers a barrel of laughs during our conversation. "I still can't believe I got here. As a kid, I never thought a career in food would take me around the world," he says.

Nutter's journey began when he first attracted attention at the Daily Mail cooking competition at the age of 16. Contending against housewives, executives and skilled chefs from catering companies was quite nerve-racking for him, but the outcome was great. "I didn't win the competition but Anton Edelmann, head chef from Savoy, saw potential in me, pulled me aside and told me that I could be the next big thing, and that he was willing to train me," he says. And so he entered the big bad world of restaurants, by joining Savoy in London, going on to open his own restaurant when he was just 21.

After three years of working with Edelmann, Nutter moved to France to work at various Michelin-star restaurants. "It was exciting as I was up in the Alps, working with ingredients like foie gras, fresh cheese and local produce," he says.

Nutty flavours

The idea of opening his own restaurant sparked an interest after a few enquiries from friends. "My family was always into food - my dad was a butcher, and mom was a home economics teacher who taught me basics like making a pastry shell, fruit purées for homemade pies and other techniques," he says.

Nutters restaurant opened on the top of the Ashworth Moors in Manchester, in the middle of nowhere, in 1993. The restaurant wasn't advertised or promoted in any way, but grew popular in no time, which led Nutter to relocating to a larger location nearby, to accommodate more diners. The new site, in a lavish 18th century Manor House ten miles away from central Manchester, offers

exquisite views across the moors, and caters to over 300 covers every afternoon. The concept at Nutter's restaurant has been the same ever since it opened, and Nutter has stuck to his roots by serving British fare, but with a contemporary twist, bringing his experience and knowledge gained in France into play.

Some of the highlights on the menu include a deep fried berry black pudding wonton, which is diced and fried with spring onions; and a chicken mousse, a French classic with a twist. Nutter has also cooked for several high-profile weddings, including those of well-known Manchester United players, and comedian and actor Peter Kay.

Over the years, Nutter says he has changed his cooking philosophy quite a bit, to now become a confirmed locavore (someone who primarily cooks and eats food that is locally produced). "I still cook the dishes people love eating, but I now use a lot of local produce," he says. Nutter has a set group of suppliers who have become good friends over time, who he likes to grab a drink with on his day off. "They're a great bunch and it doesn't hurt to be nice. In return, they give me the best catch or produce of the day, first thing every morning," he adds.

When Nutter isn't serving the classics at his restaurant, and playing guest chef at venues around the world, he likes to use his imagination and get creative with food. "I love drawing on happy times and memories," he says. For example, Nutter recently served a ferris wheel cookie, gooey flapjacks, and candyfloss pastry – to represent all the things people love at theme parks, every child's favourite place. Another of his creations that inspires happiness is a crème brûlée and bubblegum marshmallows served with matchsticks, to flambée the crème brûlée, and toast the marshmallows with – which is meant to bring back memories of a campfire. "I love seeing the excitement on people's faces when they see food like this. And being a 21st century social media-savvy chef, he also loves it when people take out their camera phones to immediately post pictures on Instagram, Twitter, or Facebook. "I love tweeting! I don't realise people are reading my tweets, and I love that they love being part of the success. Some fans even join me for dinner, if they are in the country where I'm hosting one," he says.

From the kitchen to a TV screen

Like many a popular chef before him, the transition to TV happened as his restaurant grew more successful in the 90s, with *Remote Control*, a cookery show he hosted on ITV. TV was easy for Nutter, as the show required a charming and high-

energy personality. "Remote Control was brilliant, and widely popular as well. It was a live broadcast via satellite, where people got to copy what I was cooking step-by-step, in their homes. From there I moved on to *Utter Nutter*, where I showed audience how to work with their creativity and innovativeness when cooking. Among other things, on the show I flambéed foods and cooked in the middle of a firework display and on top of the BT tower in London," he says. *Utter Nutter* was a huge hit, and resulted in Nutter releasing a book off its back, *Utter Nutter* (Bantam Press), which showcased all the dishes from the show. Soon after, Nutter released his second book in 2009, *Nuts About Food: The Art of Seriously Good Cooking* (Regional Magazine Company) which he describes as a journey of himself and his family. The book was even voted by The Independent as one of the top 50 must-have cookbooks. With a third cookbook on its way, Nutter doesn't look like he's ready to slow down anytime soon. He believes that 'doing it all' is possible if you work hard, play hard, and more importantly take a 20 minute nap every day. "I'm grumpy without it, and can't function well," he says.

SIGNATURE RECIPES

Asparagus mille feuille with salt and vinegar sauce

SERVES 4 ● PREP 20 MINS ● COOK 15 MINS 🍷

200g puff pastry

1 egg yolk

1 tbsp olive oil

4 shallots, finely chopped

1 garlic clove, finely chopped

200g young spinach leaves

Pinch of ground nutmeg

FOR THE SAUCE

200ml white wine

250ml white wine vinegar

2 tbsp whipping cream

200g chilled salted butter, diced

1 beef tomato flesh, diced

1 tbsp chives, chopped

2 bunches of asparagus, peeled and trimmed

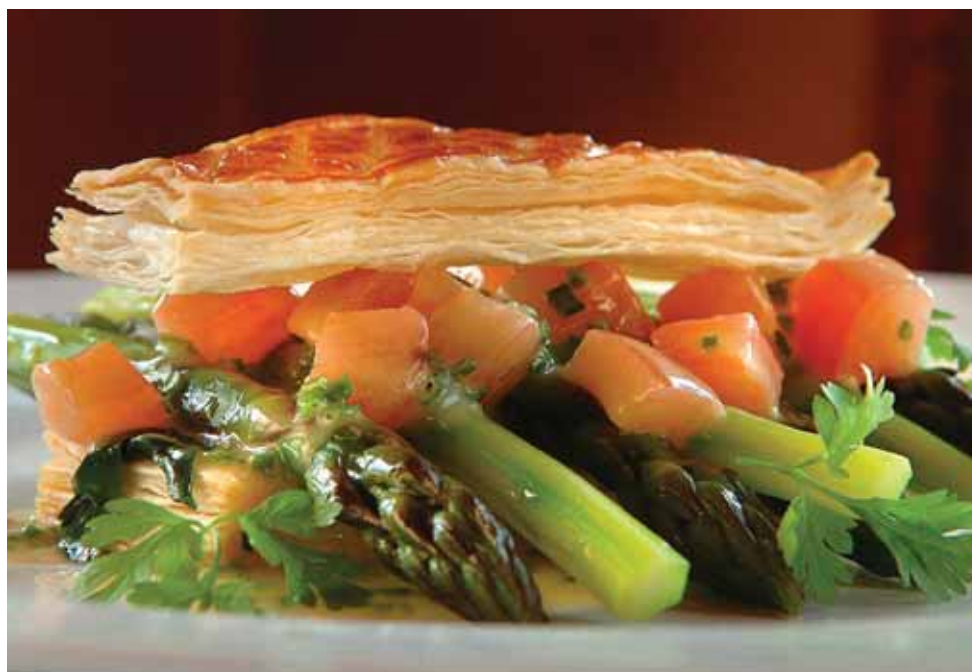
1 Roll out the puff pastry to ¾cm thick and cut into rectangles. Brush with the egg yolk. Bake at 180C for 10 mins until risen and golden brown.

2 Heat the olive oil and sauté the shallots and garlic together until softened. Add the spinach and let it wilt. Season with salt, pepper and nutmeg.

3 Place the white wine and vinegar in a pan, bring to the boil and reduce by half. Add the cream and reduce again, add the diced butter, bit by bit, until emulsified. Then add the tomatoes and chives, and season. Do not boil the sauce otherwise it will separate.

4 Blanch the asparagus in boiling salted water for 2-3 mins.

5 When ready to serve, cut each rectangle in half-length ways, place the spinach on the base of half of the puff pastry piece, arrange the asparagus on top, pour the sauce and finally place the puff pastry on top. >>



Cinderella shoe

SERVES 1 ● PREP 5 MINS ● COOK 15-20 MINS

800g fresh black cherries with
the stalks on

200g dark chocolate

200g white chocolate

100g any coloured chocolate (Available in
Tavola as candy melts)

1 chocolate shoe (Available at ChoCo's
boutique)


Few sugar crystals (Available at Lafayette
Gourmet)

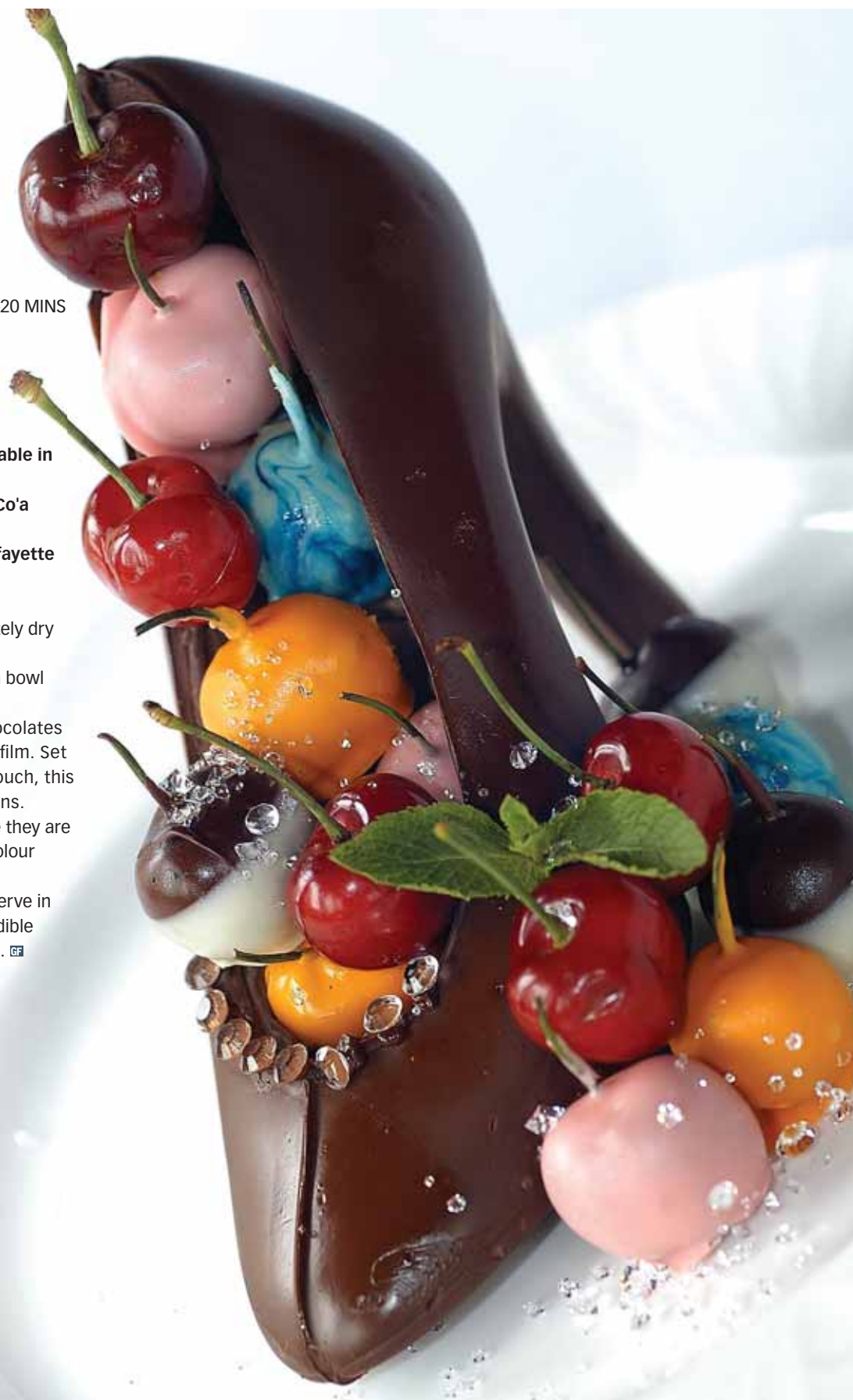
1 Wash the cherries and pat completely dry
with a cloth.

2 Melt the chocolates separately in a bowl
over a pan of simmering water.

3 Take each cherry, dip into the chocolates
and place on a tray lined with cling film. Set
aside to set until they are hard to touch, this
should take approximately 10-15 mins.

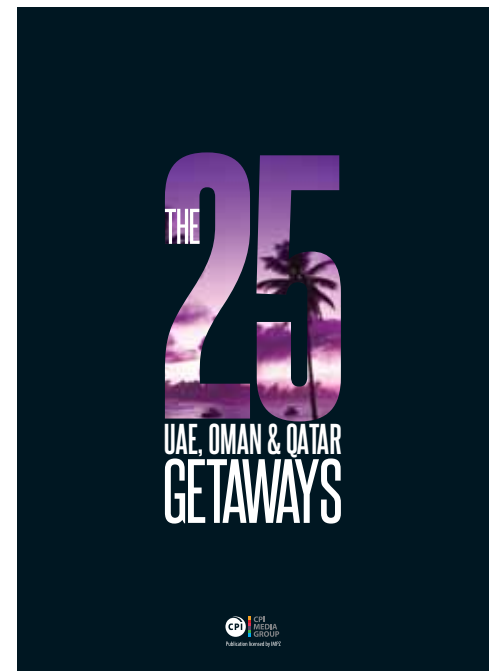
4 If you want a two tone effect, once they are
set, dip half way into a contrasting colour
chocolate and again leave to set.

5 Trim the stalk of each cherry and serve in
the chocolate shoe. Decorate with edible
sugar crystals to resemble diamonds. 



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Brendan enjoys having friends around him while he's baking

MY KITCHEN



Brendan Lynch

Last year's Great British Bake Off finalist gives Holly Brooke-Smith a tour of his kitchen and shares his cooking tips. Photographs GEOFF WILKINSON

Brendan Lynch's brand of baking – classic, technically polished and occasionally eccentric has made him a household name in the UK. He has loved baking since childhood, but ran a recruitment consultancy for decades before applying to compete in the show. Brendan, who now teaches baking classes, lives in central England with his partner and Monty the labradoodle.

How long have you lived here?

It's been 18 years now. I've lived in several properties before – a couple of which had very small galley kitchens – but it's never prevented me from getting on with what I've wanted to bake. About four or five years ago, we extended this

current kitchen because I particularly like having people around this table while I'm cooking. We gave up the dining room and now this is where people sit – we just extend the table whenever we need it. You can engage with people and they also like to see what you're doing.

What is the layout?

The room is very manageable – I occasionally run classes for children in here. I clear out all the chairs and each child has a bowl with ingredients around the table, and I'll demonstrate at my island. Then we all present our results – when the parents come to collect them, we can't tell the difference between what's mine and what's theirs!

Is this a baker's kitchen?

Well, I have two ovens – you can fit six cakes in one and four in the other. It's great when I have students here, because everyone can fit their cakes in. The first oven is a bit temperamental – there are hotspots. But I've worked out exactly where they are, so I always make sure I keep my cakes a bit to the right. I also wanted a big sink so that a large baking tray can go in it. I hate sinks where nothing will fit.

What about your surfaces?

The worktops are Corian, which is great for pastry and won't take on cuts or stains like marble. We also have an extra sliding surface, which pulls out of a drawer. I saw the idea at an exhibition and I



Brendan's collection of bundt tins displayed on his extra sliding surface.



A glass vacuum coffee maker offers a multi-sensory coffee experience

insisted on having one. It's supported and I roll pastry on it – it's really excellent.

How much time do you spend baking in here?

While I was on Great British Bake Off, I worked in the office for three days a week, then spent Thursday and Friday in here. During that time, the neighbours got a lot of my bakes and they put on weight – but they welcomed it! I insisted that they were very honest with me. I'd knock on the door at 10pm with the second version of something I'd made earlier. It's very neighbourly around here. If someone is ill, I'll make something and pop it over to them.

Where do you get your ideas?

My baking is very French influenced. Whenever we go abroad, I always make a beeline for the pastry shops with my sketchpad. I'll take photos and write everything down. Then I'll buy something and take it apart – taste it, smell it and work it out.

Has Great British Bake Off changed your cooking?

I've always made special cakes for friends, but I've reached the point where I want to pass on my skills. I want to take baking into retirement homes. I've visited friends in homes, where they are safe and well looked-after, but there was not enough stimulation.

Tell us a Great British Bake Off secret!

When I first planned the gingerbread challenge, I wanted to suspend my house with balloons, like in the film Up. I phoned a balloon company and asked how many I would need to support 5½lb of gingerbread. I was going to have them tied to my wrist with the house following. However, it would have taken between 550 and 600 balloons, along with four gas cylinders and about five hours to blow them all up! It was disappointing, but I just couldn't pull it off. **GF**

GET THE LOOK

A large whisk is essential for any baker. Dhs59 at Crate and Barrel.



This elegant My love calligraphy Turkish coffee cup is perfect for gourmet coffees. Dhs160 at O De Rose.



Accuracy in measurements is key when it comes to baking. Stainless steel measuring spoons. Dhs55 for the set of 4, at Lakeland.



Bake a delicious bundt in this Rose bundt tin. Dhs139 at Tavola.

BAKE LIKE BRENDAN

- My secret for good scones is to sieve the flour five times. That really gets some air into them! And don't let your egg wash run down the sides, as this will affect the evenness of the rise. Finally, put everything in the fridge the night before, including the mixing bowls and flour – the cold prevents the gluten from being activated.
- Spelt and teff flours are the new kids on the block and great for gluten-free cooking. Almost everything I bake can be made gluten-free and I would defy you to tell the difference. I use tea or limoncello to plump up the fruit in gluten-free bakes and boost the flavours.
- To avoid a soggy bottom on your tart, put an upturned roasting tray in your oven and place the baking tin straight onto that. It will give the pastry base a very quick seal. Wash the case with egg white if you are filling it with liquid, as this will stop it leaking.



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Two to try in Morocco

Morocco can provide the ultimate Eid getaway this month, with leading hotels offering exceptional gastronomy rivalling Dubai's, combined with super deals on rooms:

* At the über-luxe Royal Mansour Marrakech, you can pay for two nights, and stay three, with Yannick Alléno's *Stay* restaurant providing a gourmet offset to the city's colourful markets. Prices start from MAD 11,500 (around Dhs4,600), visit royalmansour.ma.

* For a more family-friendly option, the Mazagan Beach & Golf resort (near Casablanca) is offering a summer package with 'pay for three nights, stay for four' deals, along with an array of leisure activities and restaurants. Package prices start from US\$305 (Dhs1,120), www.mazaganbeachresort.com.

Stylish stay-cation

Sir Baniyas Island, one of the UAE's most unique weekend break destinations is now home to the newly opened Anantara Al Yamm Villa Resort, a sister property of the popular Desert Islands resort. The exclusive all-villa resort, built according to sustainable principles, offers the ultimate in private luxury, alongside culinary offerings including an Italian restaurant, seafood, tapas, or their signature Destination Dining experience. Room rates start from Dhs1,850 per night, visit al-yamm.anantara.com.



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All the foodie news from around the globe.

A culinary adventure

There's no better time to go to Kenya than now, with just a four-hour flight taking you to cooler climes and some of the finest game viewing in the world. At the luxurious Solio Lodge on the foothills of Mt Kenya, home to the rare black and white rhinos, you can experience thrilling safaris by jeep, horseback or mountain bike, as well as indulge in gourmet safaris. Resident chef Ava has lovingly grown a 'Shamba' (vegetable garden) on the property, to grow her own fresh herbs and vegetables, which are used in her culinary creations, ranging from traditional Swahili Curry to delicious spicy spinach soup. Room rates start from US\$710 (Dhs2,600) per person per night, and anyone staying at any of the Safari Collection lodges across east Africa for over seven nights can avail of free internal flights. www.thesafaricollection.com.



LONDON LUXE

If you're heading to London this month, check into the landmark Corinthia Hotel, where The Northall restaurant is celebrating seasonal British ingredients with special tastings and menus. This month, it's all about tomatoes, with the huge variety grown in Britain being showcased in dishes like slow roast tomato and shallot soup, and roast fillet of Cornish mackerel with warm tomato and soft herb dressing. If the menu isn't reason enough to head there, the Suite Life package, which gives you an extra nights' stay free if you book into a suite for three days, plus other add-ons like complimentary afternoon tea, certainly should be. Package prices start at £1,800 (around Dhs9,800) for three nights, visit corinthia.com/London.

Cooking in Thailand

Looking for an unspoilt side to oft-overdone Thailand? Head to Baan Ma-Yhing restaurant in Koh Klang, situated on the Krabi river, where the locals epitomise eco-living. Not only can you indulge in fish caught freshly from the restaurant's own floating fish tanks, but you can also partake of cooking classes with chef and owner Bao. There's no better way to discover the essence of Thai! Find them on facebook.com/BaanMaYhing.



Bite-sized breaks

Whether you're planning an Eid escape or a short summer break, you don't need to go any further than down the road, for a gourmet getaway – take advantage of the special deals to enjoy the ultimate luxury for less.

CHECK IN AT:

BURJ AL ARAB, DUBAI

CHECK OUT: This all-suite hotel claims to simply be 'the world's most luxurious hotel' in all its branding, and truth be told, it's not too tall a claim. It is hard to understand the level to which luxury has been taken here, until you enter one of the 202 duplex suites. The smallest suite is the size of an average Dubai apartment, complete with a guest bathroom, spacious living area with a 'personal business centre' (with a Macintosh desktop, no less), and an upstairs bedroom with walk-in closet, and a bathroom kitted out with Hermes products (proper full-size bottles at that - not a mini bottle in sight!) and Jacuzzi et al. The décor is opulent, as one is led to expect from the lobby and public areas, with bright primary colours and gold playing a big role, as well as sumptuous fabrics such as silk

and velvet – but in the context of how much attention to detail is paid to every little thing here, somehow it all seems to make sense.

However, no amount of gild can tot up to much in a hotel, if the service isn't up to scratch. And here at the Burj Al Arab, where every floor has its own butler, and your every wish is catered to, almost before it's had a chance to form itself into one in your head, I found the service to be truly flawless – whether it's to draw up a bath, bring you complimentary evening canapés, or simply to greet you with a smile each time.

Start your luxury weekend with a trip to the spa, the lobby for which provides incomparable photo-ops of 'that' architectural marvel of a tiered balcony structure. The treatment rooms offer a muted contrast to the bright, aqua colours outside, with a beige colour scheme and some of the most comfy spa beds you'll find in this town. Each treatment



Photographs SUPPLIED



starts with a relaxing foot bath ritual, after which the expert therapists use the finest products to give you a therapy to remember – the signature Wellbeing Massage is highly recommended to lull you into a state of languor that you needn't bother to get out of, except, perhaps for a dip in the infinity pool, or a soak in your own private Jacuzzi.

The only other exertion you might want to put yourself through during your stay is to take a buggy ride to the private beach – that little half-moon slither of Jumeirah coastline, where you can kick back on luxe loungers, with a cooler box of cold towels and chilled water appearing magically by your side as soon as you do. The other option for soaking up some rays is the poolside, which boasts unrivalled views of the turquoise ocean – how often are you this far out onto the water, after all? – and the Palm, as well as a swim-up bar. It's the perfect way to build up an appetite for a unique dining experience.

FEAST ON: Fresh seafood while you are enveloped by the marine world at the signature Al Mahara restaurant. Designed to simulate an underwater experience, complete with faux submarine-style entrance, the restaurant is centred around an aquarium, with the colourful marine characters providing all the entertainment you'd need for the evening. The menu is a European-style seafood extravaganza, commencing, predictably with a caviar and oyster selection. I opted for the rather more intriguing hand-dived scallops dish – as beautifully presented as it was delicious – a yabbie veloute, and the grilled wild seabass which came highly recommended. There are meat and vegetarian options as well for those who may not fancy eating fish as they watch the beautiful creatures dance around them, as well as an array of gourmet desserts that would make any sweet lover shed a little tear of joy.

While this may be a stand-out dining experience, to truly make the most of all that the Burj offers, food-wise, book in for a Culinary

Flight – a progressive lunch or dinner that can take you from Al Muntaha for European delicacies to Junsui for Asian, the Skyview bar for drinks with a view or dessert at spectacular lobby restaurant Sahn Eddar restaurant.

For me, the best measure of any hotel's gastronomic excellence lies in its breakfast, and in that, the Burj doesn't disappoint. The freshest ingredients, prepared to perfection, enjoyed either poolside at Bab al Yam restaurant, or in the comfort of your own suite – breakfast in your bathrobe, it's the ultimate luxury!

HEAD OUT OF THE HOTEL FOR: If visiting during Eid, the city's malls will be pulling out all stops with offers and entertainment galore, as well as firework displays and concerts lined up for the celebrations. Modhesh World, a one-stop family destination for kids' edutainment activities will also be ongoing throughout August. Visit www.summerisdubai.com for details.

SIGN A CHEQUE FOR: Special summer rates for UAE residents start from Dh\$3,333 per night, including breakfast and complimentary access to Wild Wadi. Prices for GCC residents start from Dh\$4,110. Room rates during Eid start from Dh\$6,400, including breakfast, transfers and Wild Wadi access. Call +971-4-3017777 or visit Jumeirah.com. >>

- Sudeshna Ghosh

CHECK IN AT:

THE CHEDI MUSCAT

CHECK OUT: The stunning infinity pool by the beach, which can be reason enough to make a trip to this iconic hotel – but there is plenty more to tempt you through its Omani arched doors. An unassumingly simple entrance belies both the grandeur of the lobby – with a showpiece chandelier of coloured Arabic-style lanterns holding court – and the sheer size of the low-lying resort. With stylish design at its heart, like all GHM hotels, the Chedi has been built to pay tribute to the traditional architecture of Oman – think whitewashed walls, and Islamic arches – combined with Zen Asian minimalism. The sprawling landscaped grounds are dotted with pools of water, surrounded by paved pathways, and oversized urns, with flaming torches creating a magically romantic atmosphere after dark.

The rooms feature views of either the private beach, the Hajjar mountains, or the landscaped gardens, and come equipped with not only all the mod cons you'd expect from a hotel of this stature, but also thoughtful add-ons such as free iPods for use with the in-room docks, and complimentary minibar access (a growing trend in luxury hotels around the world that we thoroughly approve of). If you splash out on a Club Room or Club suite – which come with a separate living room area, outdoor terrace, and spacious bathrooms complete with oversized terrazzo bath and Acqua di Parma amenities – you can also enjoy the additional benefits of limo airport transfers, and access to the Club Lounge which offers private breakfasts, afternoon tea, cocktail hour, and a library.

But you will likely not have time for any of these diversions with the three gorgeous pools to tempt you, whether it's the aforementioned adults-only beachfront Chedi pool with king bed-sized sun loungers; the family-friendly Serai pool; or the more recently opened Long Pool (the Chedi has a penchant for naming things very simply – The Spa is called just that, as is The Restaurant, but more on that later).



Located by the spa, the Long Pool is, true to its name, one of the longest pools in the Middle East and is the perfect place to do a few laps before heading upstairs for a treatment. The Spa, located above the state-of-the-art fitness lounge, offers signature Balinese treatments in massive hotel room-sized treatment rooms, with private changing areas and free-standing baths. A serene environment, top-of-the-line products such as the nature-focused Ila range, and the Asian touch come together to create a sublime spa experience.

FEAST ON: The Restaurant is an all-day dining restaurant that offers a buffet-and-à la carte combined breakfast and lunch by day, but turns into a glamorous signature dinner venue by night. Opt for lunch at one of the laid-back poolside restaurants which serve light bites, and enjoy a sophisticated yet relaxed dinner at The Restaurant, where four open kitchens specialising in Arabic, Indian, Asian and European cooking provide atmosphere to match the cuisine. A highlight of a meal here would certainly be the fresh seafood – I'm told chefs often stock up from fishermen who bring their fresh catch right to the hotel beach – with the grilled seafood salad being a must-have, as well as the sense-dazzling dessert selection. The

delightful concoctions from French pastry chef Grégory Legros include inventive dishes such as tahini ice cream, and a selection of signature macarons, developed using local ingredients such as pomegranate and frankincense. In cooler weather, the hotel's restaurant offerings expand to alfresco options such as the Beach Restaurant, as well as more poolside dining and lounge options.

HEAD OUT OF THE HOTEL FOR: The Muttrah Souq is one of Muscat's main attractions, and offers a journey back in time through its labyrinthine alleys, where wrinkled shopkeepers sell a variety of wares. Make sure to include some frankincense products and hand-made silver jewellery or artefacts to your Muscat shopping list.

SIGN A CHEQUE FOR: The Summer Breeze package, available for GCC residents is priced at 250 OMR (Dhs2,500) for two nights stay for two, with breakfast, plus 50OMR resort credit to spend on F&B or spa, valid until September 30. Eid rates start from OMR 145 (Dhs1,450) per room per night, inclusive of breakfast, and complimentary minibar valid from August 7-11. Call +968 2452 4401 or email: reservation@chedimuscat.com.

- Sudeshna Ghosh

**CHECK IN AT:****EMIRATES PALACE
ABU DHABI**

CHECK OUT: Before you drive through the large golden gates, reminiscent of an actual palace, brace yourself for a luxe, royal experience, from the glistening fountains in front of the main building entrance, to the impressive driveway which leaves even the most jaded traveler starry-eyed. Perched right at the start of the Abu Dhabi corniche, the Emirates Palace Abu Dhabi, adjacent to a 167-berth marina, is set on sprawling grounds, lush gardens, and is well-known for its gold bar vending machine – where else would you find this?

The hotel's majestic grandeur is evident throughout, from the marble floors, to the ornate ceilings covered in 22 carat gold and silver leaves, Swarovski chandeliers in the lobby, and gold-coated pillars. The hotel complex is also home to high-end stores, glass display cases of ancient artefacts, and exhibits and gifts presented to the UAE ruler (including a real-life size Chinese tea-house). It's easy to lose your way here, as the hotel is divided into two wings – East and West – with the East wing making for a great stay for families, and the West being a more serene space for couples.

The royal experience begins the minute you are handed over a gold coin room access key, and presented a rose by the butler, before being escorted to the room. While the entrance and lobby are extravagant enough, the rooms definitely take fine living up a notch. The Diamond room includes a balcony which opens out to views of the pathway leading to the shimmering waters, a bathroom with Arabic perfume-style bath products, and a bath tub where most of the evening can be spent relaxing in a hot bath. The wood-clad walls provide warmth to the room, which is done up in off-white and gold colours. Each room includes connecting doors as well – ideal for large families, or a group of friends enjoying a summer

escape – and a butler on the same floor, who makes sure every request is met instantly.

Once you manage to jump out of the plush, comfortable beds, head to the La Brisas pool at the East beach club area to cool off on the hammocks perched on the water, or at the large gazebo jacuzzi. Those who prefer the feel of sand under their feet can go for a walk on the beach, or try out some of the beach activities including snorkelling to see mermaids! Yes, you read that right – the hotel has placed statues of different animals such as giraffes and elephants, as well as mermaids, in the seas off the hotel's beach, to provide an underwater experience with a difference. Thrilling banana boat rides and wakeboarding are also available for those who wish to cool off from the August temperatures while packing in a bit of fun.

FEAST ON:

A stay at this hotel isn't complete without indulgent Emirati cuisine, which is why dining at Mezlai is a must. Mezlai, which means 'the old lock of the door' offers a genuine and authentic experience, with a menu brimming with Emirati dishes to leave you spoilt for choice. Immerse yourself in all things Arabian at this warm and inviting space, where the décor includes Arabic-lantern chandeliers, a spice souk area filled with wooden buckets of aromatic spices, and a majlis area near the entrance where guests can relax before or after a meal, perhaps with a cup of qahwa (Arabic coffee) or sulaimani tea. Since my dining partner and I had spent the day by the pool and beach, we built up quite the appetite and were happy to see generous portions (if you're not a big eater, you might want to consider sharing). My dining partner and I skipped appetisers and dove straight into main course, the lamb medfun – a slow-cooked lamb with a thick sweet and spicy chickpea sauce, which came highly recommended by the chef. The lamb fell off the bone beautifully and was incredibly succulent, with each morsel being a pleasure to relish. For desserts we tried the Grand dessert platter which was presented in a gorgeous embossed gold plate,



and consisted of traditional delicacies such as bethitha (date biscuits), shebab (a cheese roll in syrup), and sago pudding – a rich and decadent pudding which we devoured.

HEAD OUT OF THE HOTEL FOR: A trip to the Ice Rink at Marina Mall, to escape into icy coolness from the sweltering heat outside. You can follow up your skating session with some retail therapy at the mall, which is located ten minutes away from the hotel. Dhs40 per session, with equipment, call +971-2-6815806.

SIGN A CHEQUE FOR: Dhs990 per night (the Eid and summer rate is available for a minimum of two nights stay, and includes breakfast). Call +971-2- 6909000 or visit kempinski.com/abudhabi/emirates-palace. >>

- Nicola Monteath

CHECK IN AT: **THE ST. REGIS DOHA**

CHECK OUT: Sand dunes and ancient designs were the inspiration for this premium five-star hotel's architecture, nestled in the heart of the trendy West Bay area of Doha, near the Pearl Island (Doha's man-made island). As part of the Al Gassar Resort, this idyllic hotel is nothing short of remarkable, with a spacious, airy lobby which boasts a vintage Rolls Royce surrounded by low fountains as its focal point – the owner of the hotel has a penchant for vintage Rolls Royce cars! The sand-coloured painted exteriors exude a subtle Arabian charm, which carries through to the interiors too. Most rooms offer uninterrupted views of The Pearl or Doha's West Bay area, and the Arabian Gulf. Spacious and luxurious, the Grand Deluxe room is highly recommended for a luxe stay, with its Arabian-style fixtures, beige and gold interiors, and a velvet canopy with tassels over the bed. The bathrooms are no less

York-style red décor. Take a seat at the high-stool chairs in front of the open kitchen and choose the Chef's Table experience to try a flavoursome waldorf salad, foie gras and date compote with a sweet and crunchy brioche, a warm and hearty baby pumpkin soup with truffle foam, followed by 400g piece of US striploin – cooked to your liking in an oven with coconut charcoal – served with mashed potatoes and asparagus. End with cheesecake topped with raspberry sorbet and macerated berries for dessert, for a quintessentially New York experience, transported into Arabia straight from Manhattan in true St. Regis style.

Undeniably great service and impeccably good food is available at Vine as well, the all-day dining restaurant which offers a hearty breakfast. Filled with natural sunlight courtesy of the high-arched floor to ceiling windows, this breakfast spot offers incomparable views of the Arabian Gulf. At the breakfast buffet, try the eggs benedict with lashings of hollandaise sauce, or choose from cold

cuts, Arabic cheeses and dishes such as fatayer, hummous and foul muddamas.

HEAD OUT OF THE HOTEL FOR: A visit to Souq Waqif, built in a traditional market-style where you can find everything from clothing, spices and perfumes, to incense made from agar wood, as well as a selection of restaurants.

SIGN A CHEQUE FOR: Room rates start from QAR1,400 per night, special Eid package is priced at QAR1,610 for two, inclusive of Eid brunch for two. Call +974 444-60000 or visit stregisdoha.com. **GF**

- Nicola Monteath

opulent, with marble flooring, a TV by the bathtub, and Remède bath products that smell divine.

The hotel's enchanting building is reflected in the Olympic-size pool, where a day of leisure awaits, with private poolside cabanas which can be booked for an extra charge. Guests looking to rejuvenate can do so with a treatment at the tranquil Remède Spa, while those looking to keep up with their fitness routine can visit the modern Exercise room. Meander along the sandy private beach at sunset, and enjoy the clean, fresh air that touches your skin.

FEAST ON: The St. Regis Doha has a variety of gourmet offerings including Gordon Ramsay's restaurant Opal; Jazz at Lincoln Centre, a Jazz bar; Al Sultan Ibrahim, a popular Lebanese eatery from Beirut; and Astor Grill, a steakhouse which is a prime dining destination even on weekdays, ideal for an upscale dinner experience. This chic and modern New York steakhouse and grill features parquet flooring, an open kitchen, and typical New



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In next month's issue

Back to school focus

Your ultimate guide to post-holiday cooking

- Healthy lunchbox recipes
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* Why you should 'get milk'!



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UNVEILING...

THE 2013 BBC GOOD FOOD ME AWARDS

Known for celebrating the best foodie brands and experiences in the region, the fourth annual BBC Good Food Middle East awards is here!

THE CATEGORIES

RESTAURANTS

FINE DINING

- * RESTAURANT OF THE YEAR - DUBAI*
- * RESTAURANT OF THE YEAR - ABU DHABI*
- * BEST NEW RESTAURANT - DUBAI*
(OPENED ON OR AFTER JANUARY 2013)
- * BEST NEW RESTAURANT - ABU DHABI*
(OPENED ON OR AFTER JANUARY 2013)
- * RESTAURANT OF THE YEAR - DOHA
- * CHEF OF THE YEAR*
- * BEST EUROPEAN RESTAURANT
- * BEST ASIAN RESTAURANT

- * BEST CONTEMPORARY BRITISH
- * BEST LATIN AMERICAN
- * BEST INDIAN
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- * FAVOURITE TABLEWARE STORE

Creating new benchmarks in the industry, the vote-based awards recognise the top restaurants and food-related brands and stores.

Nominations open August 15.

Log on to bbcgoodfoodme.com/awards/2013 to get your favourite restaurants and food brands of the region, into the running.

By nominating, you also stand a chance to win a very special prize – stay tuned for details!

HOW IT WORKS

In the nomination phase, which runs from August 15-September 30, we are calling consumers to nominate their favourites in each category online. After September 30, the top ten nominees in each category (with the highest votes) will be listed on our website. Between October 15 and November 15, consumers will then get to vote again for the winner, from that list.

The winners will be revealed at our gala awards event in January 2014.

* Winners for Restaurant of the Year (Dubai & Abu Dhabi), Best New Restaurant (Dubai & Abu Dhabi) and Chef of the Year will be chosen by an independent judging panel.

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The Emaar Hospitality Group's food and beverage outlets have recently introduced the Dine and Dream promotion, which allows diners to get a chance to win a complimentary night's stay, with breakfast, at the newly opened Vida Downtown Dubai, by visiting any of the group restaurants (complete list of restaurants available at dineanddream.com) five times and spending a minimum of Dhs200 during each visit (valid until August 31).

To give you a taste of the gourmet offerings at these restaurants, five lucky *BBC Good Food ME* winners will get a chance to enjoy a dinner for four at Fazaris, The Address Downtown; enjoy the Saturday family brunch for two adults and two kids (up to 12 years old) at Mazina, The Address Dubai Marina; brunch for two at Aquara restaurant, Dubai Marina Yacht Club; dinner for four at Nineteen, The Address Montgomerie; and an Asian-themed dinner for four at Na3Na3, The Address Dubai Mall.

Log on bbcgoodfoodme.com to enter this competition and simply answer this question:

What is the name of the new hotel in Downtown Dubai?

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our website. ↗



*Terms & conditions apply. Employees of CPI Media Group are not eligible to enter. Winners will be selected on random basis from correct entries.

Competitions

Fabulous prizes, from dining vouchers to event passes, up for grabs.

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WIN! DINNER FOR FOUR

AT MEDZO, PYRAMIDS, WAFI, WORTH DHS1,000.

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WIN! DINNER FOR TWO AT CHANNELS, MEDIA

ROTANA, WORTH OVER DHS400.

Escape to the Pacific Islands Channel theme night on a blissful Saturday evening, to tantalise your tastebuds with dishes from French Polynesia and Hawaii, such as baked mahi-mahi with pineapple salsa.



WIN! BRUNCH FOR TWO, WORTH OVER DHS400, AT MAZINA, THE ADDRESS DUBAI MARINA.

One winner can take a dining partner along to the Saturday family brunch, to experience a relaxed Saturday afternoon. Feast on a selection of cuisines, from Mongolian to Arabic, as you sit back and take in the views of the Marina.



as the Opal-Angus, short rib burger and Arabic-inspired dishes from the pizza oven. There's no better way to relax on a weekend, than to enjoy a brunch at one of the best restaurants in this city!

WIN! BRUNCH FOR TWO, WORTH QRS500, AT OPAL BY GORDON RAMSAY, ST REGIS DOHA.

Prepare yourselves for a relaxed Saturday brunch in a trendy setting, where you can feast on a selection of breakfast items as well as specialties from the unlimited à la carte menu such



WIN! MEAL FOR TWO, WORTH QRS500, AT ROCCA, GRAND HYATT DOHA

Take a friend along to this poolside restaurant which overlooks the landscaped gardens and West Bay lagoon, to try out a selection of delectable Mediterranean dishes, prepared fresh at the open kitchen.


To stand a chance to win these prizes, visit our competitions page on www.bbcgoodfoodme.com, or simply scan this QR code with your mobile to go directly to the website, and answer the simple questions.


*Terms & conditions apply. Employees of CPI Media Group and entrants below 21 years old are not eligible to enter. Winners will be selected on random basis from correct entries.




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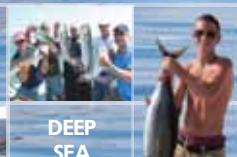





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Photographs in Local Dress - Enchanting Belly Dancing Show - Tanoura dance
Arabic Tea & Coffee - Soft Drinks & Refreshments - Henna Painting
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Timing: Pick up: 3:00 - 3:30pm Drop-off: 9:00 - 9:30pm
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THEMES CAN BE CUSTOMISED TO ORDER





One look at 38-year old **RAJANI MANI'S** blog, Eat Write Think and the enticing collection of pan-Indian vegetarian recipes will make you want to cook immediately. Documentary filmmaker and doodler, Rajani, grew up across various states in India, why is why she focuses heavily on food from around the country. She relocated to Dubai eight years ago, and lives in Dubai Investment Park, with her husband and six-year old daughter. Apart from blogging and filming documentaries, Rajani loves creating illustrations for recipe cards on the blog, while chatting to her daughter, who according to her, is part mad hatter, part philosopher.

Favourite food memory

When I was a child, we looked forward to our summer holidays, which were always spent on our family farm. The fruit trees in the orchard would burst at the seams with mangoes, jamuns and jackfruits, ready to be harvested. My afternoons were spent with my cousins, knocking down ripe mangoes off trees, and then devouring them – our chins dripping with juices of our bounty.

I'M READING...

***Vegetarian Dishes from Across the Middle East* by Arto der Haroutunian (Grub Street), a cookbook filled with hearty, nourishing vegetarian recipes.**

My guilty pleasure

A warm bowl of Parippu pradhanam – a traditional Keralite porridge made of ghee and roasted yellow mung bean, slow cooked with coconut milk, and sweetened with jaggery.

Meet the blogger

Helping you connect to the UAE'S foodie community, one blog post at a time.

*About the blog

It all began in the summer of 2008, when I had just become a mother and had stopped working full-time. I found myself experimenting with dishes and spending most of my time in the kitchen. It was all new to me, and **eatwritethink.com** became a creative space to share what was, back then, a kitchen diary of a vegetarian cook. Since then the blog has changed to reflect my thoughts on food, nutrition, my battle with PCOS (polycystic ovarian syndrome) and weight loss. I lost over 22kgs in eight months, by just eating whole foods and including fibre in my meals. The blog focusses on cooking with easy to access ingredients, to make nutritious and quick meals.



Top nutrition tips

* Incorporate flaxseed meal into your daily diet. Just a spoonful in oatmeal, pancakes, cookies, cakes, bread, or rotis, creates a protective shield for your body against cancer, diabetes, heart disease and stroke.

* Use traditional foods to cure. Ginger, for example, has been used in medicine for centuries, as it is

naturally soothing to the gut. Grate a little ginger into salads, soups, curries and stir fries; it not only adds a zing but is an antioxidant, and has antibacterial and anti-inflammatory properties.

* Make your own multigrain and nut flours by mixing equal parts whole-wheat flour, chickpea flour, finger millet, and sorghum flour. The complex carbohydrates and sugars from these alternate grains will keep your sugar levels balanced and keep you feeling full for hours.

Culinary icons

The women in my family are my culinary icons. My grandmother grew up in a typical southern Indian Hindu household and ate what was culture-specific to Keralite Hindus in the early 1900s. She later moved into her daughter's home (my mother) and adopted new ingredients and dishes to make our meals truly pan-Indian.

A foodie personality I would love to dine with...

If **Keith Floyd** were alive, I would cook him a traditional Keralite Sadya (feast). He had a robust attitude towards food, and so this meal would be great, as it has dishes with lentils, coconut and fresh vegetables – a meal fit for a king!

Simplicity of flavours, colours and textures inspire me. Food doesn't have to be complicated to be enjoyed.





Tempura?



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